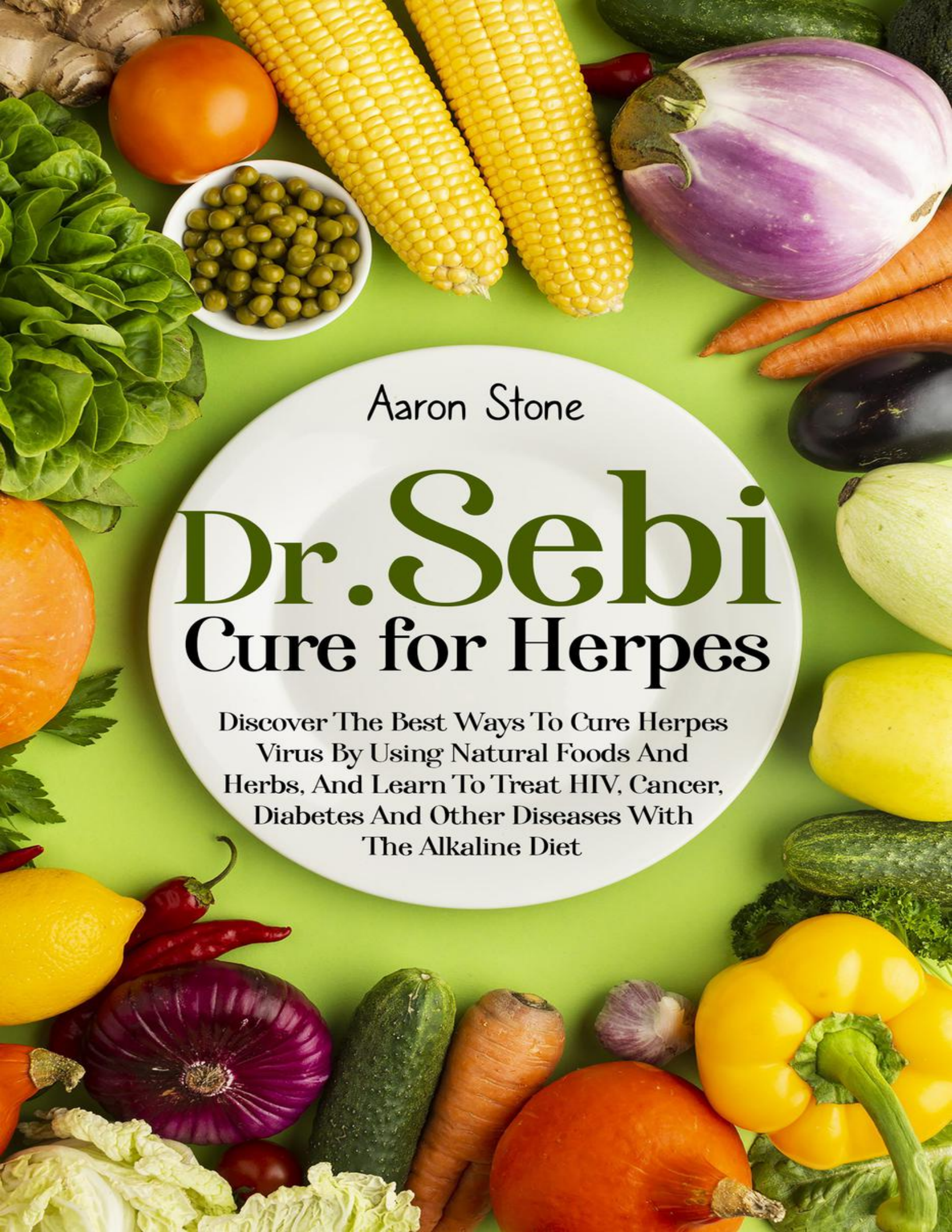




Aaron Stone

Dr. Sebi

Cure for Herpes

Discover The Best Ways To Cure Herpes
Virus By Using Natural Foods And
Herbs, And Learn To Treat HIV, Cancer,
Diabetes And Other Diseases With
The Alkaline Diet

DR SEPI CURE FOR HERPES

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And Herbs, And Learn To Treat HIV, Cancer, Diabetes And Other
Diseases With The Alkaline Diet**

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TABLE OF CONTENTS

Introduction.....1

What This Book Contains.....1

Who Should Read This Book?.....1

Chapter 1: What Is The Dr Sebi Alkaline Diet?.....3

What Is The Dr Sebi Alkaline Diet?.....3

Who Is Dr Sebi?.....3

A History Of The Diet.....5

The Diet's Controversy.....5

Who Should Follow The Dr Sebi Alkaline Diet?.....6

Chapter 2: The 8 Rules Of The Dr Sebi Alkaline Diet.....11

Rule 1. You Must Only Eat Foods Listed In The Nutritional Guide. . 11

Rule 2. Drink 1 Gallon (3.8 Liters) Of Water Every Day.....11

Rule 3. Take Dr Sebi's Supplements An Hour Before Medications. . 12

Rule 4. No Animal Products Are Permitted.....13

Rule 5. No Alcohol Is Allowed.....13

Rule 6. Avoid Wheat Products.....13

Rule 7. Avoid Using A Microwave To Prevent Killing Your Food. . 14

Rule 8. Avoid Canned Or Seedless Fruits.....14

Other Rules.....14

The Bonus Rule.....17

Chapter 3: The Herpes Virus.....19

What Is The Herpes Virus?.....19

The Science Of The Herpes Virus.....20

How To Know If You Have This Virus.....20

Chapter 4 The Science Of The Dr Sebi Diet.....21

The Philosophy Of This Diet.....21

What Is An Alkaline Diet?.....22

What Is An Alkaline Environment?.....22

What Is Alkaline Blood?.....23

What Are Alkaline Foods?.....23

Chapter 5: How Does The Dr Sebi Diet Cure Herpes?.....25

The 3 Rules For Curing Herpes.....25

1. Eliminate Consumption Of Acidic Foods.....25

1. Cleanse The Body Of Toxins And Residual Acid By Taking
Alkaline Herbs.....25

1. Give Your Body The Nutrients It Needs To Repair And Build A
Healthy And Strong Environment.....26

What Does Dr Sebi Say About Curing Herpes Using This Diet?..31

Should You Consume Raw Food Or Cooked Foods?.....31

Benefits Of A Raw Diet.....32

Drawbacks Of A Raw Diet.....33

Chapter 6: What Foods Can You Eat?.....38

What Are Macronutrients?.....38

What Are Micronutrients?.....40

What Is A Plant-Based Diet?.....40

Benefits Of A Plant-Based Diet.....42

Examples Of Plant-Based Foods That You Should Eat On This Diet 45

What Herbs Should You Include?.....50

❑ For The Detox Phase.....50

❑ For The Regeneration Phase.....51

What Supplements Should You Include?.....51

❑ Dr Sebi's African Biomineral Balance Compounds.....51

❑ Other Supplements.....53

Chapter 7: What Foods Should You Avoid?.....62

What Foods Must You Eliminate When Following This Diet?....62

Why Must You Eliminate Certain Foods?.....63

What Are Industrial Foods?.....63

Sugar As A Drug.....71

Why Must You Eliminate Some Whole Foods?.....72

Chapter 8: What Other Conditions Does This Diet Treat?.....74

Inflammation And Inflammatory Diseases.....	74
Obesity.....	76
Digestive Issues.....	77
Allergies.....	77
Asthma.....	78
Viruses.....	78
Autoimmune Diseases.....	79
Rheumatoid Arthritis.....	80
Psoriasis.....	80
Dementia.....	81
Oxidative Stress.....	81
Cancer.....	82
Pain.....	83
Detoxes The Body.....	86
Chapter 9: Fasting.....	87
What Is Fasting?.....	87
The Science Of Fasting.....	87
Water Fasting And Its Benefits.....	90
<u>How Can Water Fasting Help You To Cure Herpes On The Dr Sebi</u>	
Diet?.....	91

How To Water Fast?.....91

Chapter 10: Intermittent Fasting.....93

What Is Intermittent Fasting?.....93

How Can Intermittent Fasting Help You On This Diet?.....94

Example Intermittent Fasting Methods.....95

Specific Intermittent Fasting Methods For Women.....98

How To Choose A Fasting Method For Your Lifestyle.....100

Tips For Choosing A Method.....101

Chapter 11: The Dr Sebi Diet And Blood Sugar.....105

What Is Blood Sugar?.....105

How Do Our Current Diets Relate To Insulin Sensitivity And
Insulin
Resistance?.....105

Chapter 12: Sea Moss.....110

What Is Sea Moss?.....110

Benefits Of Sea Moss.....110

Why Do You Need To Consume Sea Moss On This Diet To Cure

Herpes?.....112

How To Consume It?.....112

Where To Get It?.....113

Sea Moss Recipe Examples.....114

Sea Moss Green Smoothie.....114

Jamaican Irish Moss Beverage.....115

Sea Moss Chocolate Smoothie.....116

Sea Moss Blueberry Muffins.....118

Dr Sebi's Alkaline Diet Sea Moss "Butter" 120

Chapter 13: Dr Sebi Diet Recipes And Example Meals For Curing Herpes.....121

Dr Sebi Approved Mushroom And Onion Gravy.....121

Grilled Okra.....123

Ginger Tea.....124

Dr Sebi's "Sloppy Joes" 125

Kamut Pasta.....127

Pasta Ingredients:.....127

<i>Pasta Instructions:</i>	128
<i>Sauce Instructions:</i>	128
<i>Notes:</i>	129
Spicy Sesame Squash.....	131
<i>Ingredients:</i>	131
<i>Instructions:</i>	131
Tamarind Water.....	132
Spelt Blueberry Pancakes.....	133
Healing Soup.....	135
Dr Sebi Approved Banana Nut Muffins.....	136
Mushroom Risotto.....	138

Red Pepper Hummus.....	139
Veggie Fritters.....	140
Conclusion.....	142
How To Remain Safe While Following This Diet.....	142
When Not To Fast.....	145
Next Steps.....	146

INTRODUCTION

Welcome to the comprehensive guide to curing herpes with the Dr Sebi Alkaline Diet. This book will teach you everything you need to know about how this diet

can change your life for the better and help you fend off herpes and various other diseases.

What This Book Contains

This book will provide you with a background of the Dr Sebi Alkaline Diet and Dr Sebi himself. It will also teach you the eight rules of the diet that you must follow to gain the numerous health benefits you can provide. I will discuss this diet's health benefits in detail before giving you a list of foods that you should eat and foods that you should avoid. I will finish the book by providing you with several recipes to help you get started. The recipes included within this book are plant-based and follow the rules of the Dr Sebi Alkaline Diet. The final chapter of this book will provide you with some sample meals that you can make to begin following this type of diet.

Who Should Read this Book?

One of the great things about the Dr Sebi Alkaline Diet is that anyone and everyone can follow it! This means that anyone and everyone can benefit from reading this book.

More specifically, this book is for people who are dealing with the herpes virus in any form and who want to find relief. This book is also for people who want to prevent themselves from getting the herpes virus. This book is for people who want to prevent diseases in general and want to learn an effective and alternative way to do so.

Now that you know what to expect from this book, I will begin by providing you with an overview of the diet in chapter one. Read on to find out more!

CHAPTER 1

WHAT IS THE DR SEBI AKALINE DIET?

In this chapter, we will delve into the Dr Sebi Alkaline Diet so that you can get a better idea of what it is and where it came from. It is important to learn the background relating to this

diet before embarking on it yourself.

What is the Dr Sebi Alkaline Diet?

The Dr Sebi Alkaline Diet got its name from the man who invented the diet. He names this diet after himself, as his name was *Dr Sebi*. The diet that he created is the Dr Sebi diet, and it is a diet that includes several rules regarding what you are permitted and not permitted to eat. This diet's philosophy is that it helps people encourage their cells to repair and regenerate by feeding them specific ingredients and avoiding others.

This diet can be compared to veganism but is a very strict form of veganism. As you will see throughout this book, there are many similarities to the traditional vegan diet, with additional specifications and restrictions.

Who is Dr Sebi?

Dr Sebi's real name was Alfredo Darrington Bowman. Bowman was a man from Honduras who was born in 1933. You may be surprised to learn that this man was not a doctor in the traditional sense, meaning that he held no doctorate, nor was he a physician.

Bowman lived until the age of 83, as he passed in the year 2016.

Another interesting fact about Dr Sebi is that he was involved with the law several times throughout his life for practicing the duties of a doctor without the proper education or certifications. This resulted in his acquittal since there was no solid evidence against him. The controversy surrounded Dr Sebi for his entire life, as many people took issue with how he advertised his services, including claiming that he found the cure to AIDS through his diet.

Despite this, many people swear by his diet today, and many people claim to have found success by following it. Throughout this book, I will provide you with the information you need to decide whether the Dr Sebi Alkaline Diet is right for you. However, it is important to keep in mind that this book is not intended to replace medical advice. It is not responsible for the actions or the results of the reader. Please seek out the advice of a doctor before starting any health program. The author is not a medical doctor, and the information in this book is meant only to supplement your health decisions and actions, not dictate them. The nuances of inflammation are still being discovered as this book is being written. Please enjoy the information provided but also be wise in consuming it.

This diet has gained immense popularity over the last several years, and even though Dr Sebi is no longer with us, his diet remains a strong pillar of health in many people's lives. Today, there are online groups, informational resources and recipes galore that keep

Dr Sebi's beliefs and teachings relevant and present.

A History of the Diet

When Dr Sebi moved to the United States from Honduras, he sought treatment for several ailments that he was dealing with, including diabetes, asthma, impotence, and obesity. He found that none of the treatments involving Western medicine that he was undergoing were improving any of his conditions. Because of this, Dr Sebi looked for other alternative methods for healing. This search led him to Mexico, where an herbalist provided him with more relief than he had ever found through traditional medicine in the United States.

After this great experience with alternative medicine, Dr Sebi was inspired, and he created herbal medicine treatments and compounds of his own. Dr Sebi sold these herbal treatments to people who had not found relief from their ailments through western medicine like him. He called these herbal mixes *Dr Sebi's Cell Food*, or otherwise known as, *African Biomineral Balance Compounds*. These herbal mixtures included ingredients such as algae, various species of seaweed, and something called Sea Moss, which we will learn about later in this book.

The Diet's Controversy

Many celebrities have been known to support the Dr Sebi Alkaline Diet, including Michael Jackson. Celebrities like him swore by this diet and claimed that it led to disease management and prevention for them. At the same time, this diet was entangled in a

high degree of controversy.

In addition to the controversy surrounding Dr Sebi himself, the diet received a great deal of criticism.

Dr Sebi claimed that his diet could cure many diseases, including AIDS, lupus, and leukemia. It is important to note that these claims are not confirmed, only that Dr Sebi himself made them. Throughout this book, you will learn about the diet and what it entails, and you will be able to make a decision about whether it is right for you. There are people from both sides of the controversy who stand by their opinion and thoughts surrounding it, and you must form your own opinion as well.

Many criticisms the diet received were related to the list of supplements that you are recommended to take while following this diet. These supplements are sold on the diet's website, and they range in cost from \$750 to \$1500 USD. We will look at these supplements and the diet in an in-depth fashion in the chapters that follow.

Who Should Follow The Dr Sebi Alkaline Diet?

Now that you have seen the eight rules of this diet, we will briefly discuss who this diet is for. One of the great things about the Dr Sebi Alkaline Diet is that anyone and everyone can follow it! Dr Sebi's son, Abdul Bowman, still advocates for the diet that his father created. He says that this diet is for everyone and that anyone can follow it by simply following the diet's eight rules, which we will learn about in the next chapter.

The following populations should take extra precautions when changing their diet in any manner and should seek the advice of a doctor before and while following a specific diet.

□ Those who have Kidney problems

People suffering from kidney disease need more calories than people who are in good health. They need the nutrition that these calories provide them with as well. For this reason, those with kidney problems such as kidney stones, kidney failure, or any other disease of the kidneys should not participate in fasting.

□ Those who have Liver problems

Fasting is hard on the liver, as it is the liver that makes the ketones that the body uses for energy during fasting when carbohydrates are not available. If the liver is already stressed by disease, it is not good to stress the liver by then fasting.

□ Women who are trying to conceive

When women are trying to conceive, their bodies are sensitive to the state of the body's internal environment. This is because the body will not allow conception if the environment is not ideal for a healthy fetus's growth. It is important to ensure that your body is in good shape and has enough nutrients if you are trying to conceive so that the body is confident that it will be able to grow a healthy baby.

□ Those who are underweight

If you are underweight, your body will not have access to the fat stores that it would turn to in the event of a fast. In this case, fasting can be dangerous because without these fat stores to break down for energy; the body can reach a severe lack of energy and nutrients.

□ Those who are pregnant

When pregnant, your body is attempting to grow a healthy baby. To do this, the baby cannot go without the proper nutrients and food that it needs to grow; everything that you ingest while pregnant will be shared with your baby through the umbilical cord. If you do not have enough nutrients, the development of the baby could suffer.

□ Those who are breastfeeding

While breastfeeding, the nutrients and minerals from everything that the mother ingests are passed to the baby through the milk. Some studies show that breast milk's taste can change depending on what the mother has most recently ingested. For this reason, it is important that the mother remains nourished and fed so that the baby is getting proper nourishment as well. The first few months, while the mother is breastfeeding, are essential to the baby's development, and breast milk is the main reason for this. Keeping the breast milk full of nutrients is essential.

□ Women who have irregular periods

It has been shown that fasting can cause women to have irregular periods due to the changes in hormone production and secretion that

it can cause. Those who experience this already should avoid fasting without consulting a doctor first.

□ Those with a history of eating disorders

For people who have a history of eating disorders of any sort, diets can be quite tricky. These people need to be careful when restricting or controlling food intake in any way. Food-related planning and restriction can act as a trigger for those who have a history of eating disorders. It is not recommended that those people participate in intermittent fasting or fasting of any sort.

□ The Elderly

The elderly are at a vulnerable age as they are more susceptible to diseases and illnesses of any sort. They also tend to be smaller in size and have less body fat than they did when they were younger. For these reasons, it is not advised that they use fasting as a form of health improvement. This population needs all of the nutrients that they receive from the foods they eat and the regular blood sugar levels that regularly ingest food throughout the day. As they do not have as much fat stored on their bodies, they will not have the fat to break down for energy while fasting. Because of this, fasting can be dangerous for the elderly.

□ Those who are below the age of eighteen

For people in their teen years, or especially children, fasting is not a necessary tool for weight loss or health improvement. Any diet that involves fasting is not advisable for this population as they are

still growing and developing and need all of the nutrients that they ingest. They also tend to be more active, and because of this, they likely use up more than the number of calories they eat daily. At these ages, the body requires the calories to allow it to grow and change in the proper ways to prepare it for adulthood.

□ Those who have conditions of the heart

Those with heart conditions should take extra care if they are fasting for religious reasons and otherwise avoid fasting altogether. This is because their medication schedule is very rigid, and they must take it with food. As this is not a medication schedule that can be adjusted, fasting is not a good idea for patients with this medication schedule. Further, some heart patients experience shortness of breath, or lightheadedness and fasting can exacerbate these symptoms if blood sugar becomes low. As there are many different heart conditions, it is necessary to consult a physician before deciding if fasting is right for you.

□ Those with diabetes

As those with diabetes have struggled with their blood sugar, following a strict diet is likely not a good choice for them. When you fast, your body must find other sources of sugar to maintain blood sugar. In people with diabetes, this can cause complications for their already sensitive blood sugar levels. For people with diabetes, having their blood sugar reach levels too high or too low can be very dangerous as their body has a hard time regulating it. Fasting may pose serious health risks for this population.

CHAPTER 2

THE 8 RULES OF THE DR SEBI ALKALINE DIET

This chapter will learn about the eight rules of the Dr Sebi Alkaline Diet to give you an idea of what rules and regulations are associated with following it.

These eight rules were developed by Dr Sebi himself to help those who follow them to maximize the benefits and minimize the presence of toxins in their bodies. Dr Sebi's son, Abdul Bowman, still advocates for the diet that his father created. He says that this diet is for everyone and that anyone can follow it by simply following the diet's eight rules.

Rule 1. You Must Only Eat Foods Listed in the Nutritional Guide.

You must follow the Dr Sebi Diet nutritional guide, which includes the foods you are permitted to eat and those you should avoid. To follow this diet and benefit from it, you must follow this nutritional guide very precisely. We will look at the foods included in this guide in the next chapter.

Rule 2. Drink 1 Gallon (3.8 liters) of Water Every Day.

Drinking water is extremely beneficial for your health, and part of the Dr Sebi Diet requires you to drink at least one gallon of water

each day.

Never underestimate the value of proper hydration. For example, if you are craving juice or pop or other sugary drinks like this, consider that you might actually be dehydrated and therefore thirsty. Sometimes we see drinks in our fridge, and since we are thirsty, we really want them. Sometimes though, we are actually just in need of water, and this would be the best thing to quench our thirst, but these other drinks are always going to be much more appealing to us than water. Next time you are craving a sugary drink, try having a glass of water first, then wait a few minutes and see if you are still craving that Coca-Cola. You may not want it anymore once your thirst is quenched.

Further, as you will see later in this book, when we discuss water fasting, it is important to begin by drinking water anytime you are breaking fast, whether it be in the morning or afternoon. Begin by drinking a glass of water before anything else. This will put something into your stomach and tell your body that it is time to begin working for the day. If you are breaking fast in the evening and have been drinking water all day, stick to water with your meal as you don't want to feed your digestive system too much at once.

Rule 3. Take Dr Sebi's Supplements an Hour Before Medications.

Dr Sebi requires you to take his recommended supplements one hour before taking any other medications. This is so that your supplements have time to be absorbed by your body. This is also so

that there are no interactions between your medications and your supplements.

Rule 4. No Animal Products are Permitted.

This is where the diet is comparable to the classic vegan diet. This diet does not allow you to eat any animal products. This includes meat, fish, poultry, and any other products derived from animal sources, such as gelatin, eggs, dairy, and so on.

Rule 5. No Alcohol is allowed.

Because this diet is intended to improve your health and prevent disease, you cannot consume alcohol while following this diet. Since Dr Sebi recommends you follow this diet for the rest of your life, you must be aware that you will be avoiding alcohol for the rest of your life.

Rule 6. Avoid Wheat Products

Rule number six is that you must avoid all wheat products and only consume the "Natural-Growing Grains" listed in the Dr Sebi food guide. We will discuss this guide in a later chapter, but this rule references the permitted and restricted foods in this diet. You must not consume traditional wheat products, as they are high in sugar and carbohydrates. Instead, many suggested alternatives are permitted, all considered "Natural Growing Grains."

Rule 7. Avoid Using a Microwave to Prevent Killing Your Food.

Dr Sebi believes that microwaves will kill your food. This is because he believes in natural remedies and natural medicine to prevent or treat disease. For this reason, he requires you to avoid microwaves so that you can get the most from your food and avoid killing the beneficial, healthy components within your plant-based foods.

Rule 8. Avoid Canned or Seedless Fruits.

Dr Sebi requires you to avoid canned or seedless fruits. He instead only permits certain fruits that have seeds. Canned fruits have sugars added, which are not permitted on this diet. You will see which fruits are permitted in the next chapter.

Other Rules

Dr Sebi believes that to cleanse the body and rid it of toxins, you must cleanse six specific areas. They are; your skin, colon, kidneys, lymph glands, liver, and gallbladder. He believes that you can rid yourself of disease by cleansing and rejuvenating these areas and preventing new diseases from occurring.

1. Eliminate the Following

- ☐ Deodorant
- ☐ Perfume
- ☐ Shampoo

□ As well as other personal grooming items, especially those with strong scents or artificial colors, to avoid introducing toxins into your body.

1. Include the Following

□ Increase exercise or walking

Exercise is also a greatly effective way to lose weight when combined with a healthy eating regime. It is necessary to discuss exercise when discussing weight loss and a diet plan so that you are well-rounded. This section will look at the role exercise should play in your new lifestyle and on your journey to weight loss and improved health, including a decreased risk of disease.

When exercising in combination with following a healthy diet, it is difficult to discern which of its benefits can be attributed to the healthy diet, which are the benefits of exercise, as an increase in oxygen delivery to your tissues or the more efficient functioning of the heart. It is being studied more and more these days, however, in an effort to better understand how much of a role each of these plays. Regardless, if you are pursuing improved health, you may not be too concerned with the source of the benefits.

Exercise is great for our body, our mind, and our overall health. Adding an exercise regime into your life is as important, if not more, than any other measures you take to maintain your health. Exercise has been proven to help with a variety of things in life, such as stress, impotence, and general health. Exercise will help you in your journey to recovery because of the many ways that it affects our

different body systems.

As you know, all of our body systems work together to form the person that we are. If one of them isn't functioning quite as well as it should be, all of the other systems feel it too. Exercise works on all of these systems simultaneously, and if one of them isn't firing on all cylinders, exercise will help that system wake up, improve, and stay healthy. Exercising while on this process to recovery will help you feel strong when it may be getting tough. Exercising will show you what your body can do and how strong it is, making you feel stronger mentally. Exercising will help you take your mind off those nagging cravings and give you a clearer mind overall with which you can look deep inside at those cravings and the emotional issues that are causing them. Exercise will help in all aspects of your life and will help you to continue reaching for recovery.

There are numerous types of exercises that do not fit into the traditional parameters of exercise: cardiovascular and resistance exercise. These other exercises include exercises such as yoga, Pilates, high-intensity interval training, group training classes, and so on. While these are not considered traditional exercise methods, they are no less valid than resistance training or cardiovascular exercise. Many people who are not too enthused about exercise wish to pursue methods that incorporate more social aspects or slower movements. If this is what you prefer, this is just as valid as going for a run!

There are even more ways to be active such as pursuing activities like gardening, dancing, hiking, kayaking, and so on. Any activity that gets your heart rate raised and that brings you a sense of joy and accomplishment can be used as an exercise combined with a diet change to bring you weight loss results!

□ Rebounding (trampoline)

Rebounding is a form of exercise that is non-traditional. Dr Sebi recommends rebounding as a great way to move your body and encourage it to remain agile and flexible. This is great for preventing injury and disease.

Rebounding involves jumping on a trampoline. This can be a small trampoline that is close to the ground, or a larger, more traditional trampoline. The former is recommended for people whose bodies are less accustomed to exercise and flexibility practice.

The Bonus Rule

One final rule of the Dr Sebi Alkaline Diet, which is not included in the diet's eight rules, is that you must follow this diet for your entire life if you wish to benefit from its effects. This means that you will only gain the associated benefits as long as you are on this diet. As soon as you resort to a western diet or begin including foods in your diet that are not Dr Sebi recommended, your body will return to an acidic state, and you will cease to see the health benefits that his diet provides. Keep this in mind as you begin the diet. Below, I have given you several tips to follow that will help your transition

to this diet easier, and that will help you to make following this diet a regular habit in your life.

Humans are creatures of habit. From your own experience, you may know that you don't like straying away from your existing habits and routines. It feels uncomfortable. Humans tend to find comfort in old habits and routines. This means that you must make anything a habit if you hope to make it stick in your life. Having a plan is key when it comes to succeeding in learning new habits and a new lifestyle. This plan can be as detailed as you wish, or it can be a general overview. I recommend in the beginning to start with a more detailed plan as you ease yourself into things. As everyone is different, you may be the type of person who likes lots of lists and plans, or you may be the type of person who doesn't, but for everyone, beginning with a plan and following it closely for the first little while is best. For example, this plan can include things like what you will focus on each week, what you will reduce your intake of and what you will try to achieve, and by when.

CHAPTER 3

THE HERPES VIRUS

In this chapter, we will discuss the herpes virus in more detail so that you can be sure you do, in fact, have this virus and so that you can begin to understand the symptoms and nuances of

the virus.

From there, we will begin discussing how to prevent and manage it in the chapters that follow.

What is the Herpes Virus?

The herpes virus is scientifically known as *Herpes Simplex*. Herpes Simplex is an overall term for the virus, which comes in two different forms.

1. Herpes Simplex Virus-1 (HSV-1)

This kind of herpes is colloquially known as oral herpes. This is the kind that gives a person cold sores or blisters around the lips and face.

2. Herpes Simplex Virus-2 (HSV-2)

This kind of herpes is colloquially known as genital herpes. This kind comes in the form of blisters in the genital areas and is considered to be a sexually-transmitted infection.

There is also a less common form of HSV, which can appear in the eyes. This type is spread to the eyes from either oral herpes or

genital herpes. This kind of herpes is called Herpes Keratitis.

The Science of the Herpes Virus

The herpes virus is a contagious virus, similar to influenza or the common flu. It can be passed from one person to another through physical contact, either directly or indirectly. For example, HSV-1 can be transmitted through sharing drinks or kissing. HSV-2 is transmitted through contact with the genitals of an infected person.

For the most part, the virus is more contagious when a person is experiencing an outbreak and much less transmittable when a person has no symptoms. That being said, once a person becomes infected with the herpes virus in either form, it stays with them for the duration of their lives. At times it will remain dormant, and at other times, it will activate in the form of an outbreak.

How to Know if you Have this Virus

This virus causes sores or blisters that can be painful for the person experiencing them. In addition to the sores, a person could experience fatigue, a lack of appetite, and even fever in some cases.

Unfortunately, once you have the virus, western medicine does not have many methods for treating it. On the other hand, however, Dr Sebi and his methods have shown improvements for people suffering from herpes in either form. Throughout the rest of this book, we will discuss the methods for finding herpes relief through the Dr Sebi Alkaline Diet.

CHAPTER 4

THE SCIENCE OF THE DR SEBI DIET

In this chapter, we will learn about the basics of the Dr Sebi Alkaline Diet. We will also look at the science behind it and some of the associated benefits. This chapter will help you grasp why this diet has gained popularity and what following this

diet can do for your body.

The Philosophy of This Diet

This diet is based on the fact that many people wish to try alternative methods to traditional western medicine to treat or prevent disease. This diet presents an alternative in the form of natural ingredients and supplements.

Dr Sebi believed that all diseases could be related to a buildup of mucus somewhere in the body. He believes that if you deal with the mucus buildup, you will eliminate or prevent disease. For example, he believed that pneumonia or other similar diseases result from mucus buildup in the lungs.

Dr Sebi stated that to improve your health by using this diet, you must follow it for the rest of your life. Many people have done so, and who still follow this diet to this day.

What is an Alkaline Diet?

An alkaline diet comes down to something called pH. You may be aware of the term pH, as it is a basic scientific concept. The pH is a term used to describe the acidity of something. pH is measured on a scale of 1-14. A pH of 1-7 is acidic, and a pH of 9-14 is called basic. A pH of 8 is neutral, meaning that it is not acidic or basic.

The Dr Sebi diet is built on the scientific concept to control your body's pH level. More specifically, the pH of the waste that the foods you eat produce. There are naturally-occurring pH levels in every area of your body, and they are in place so that these areas can function optimally. For example, your stomach is acidic.

What is an Alkaline Environment?

Dr Sebi believed that you could control your body waste's acidity by eating certain foods, including its urine. Dr Sebi believed that you could reduce this buildup by putting your body's right areas into an alkaline environment. He believed that diseases could not thrive in an alkaline environment within the body, so we should be aiming to create that level of pH in our bodies. He believed that diseases result when a person's body is too acidic.

Further, because the diet includes plant-based foods and eliminates sugars and other ingredients, this diet leads to a healthier internal environment in a general sense than the traditional American diet would provide.

What is Alkaline Blood?

The Dr Sebi Diet aims to create alkaline blood, reduce mucus within the body, and reduce its acidity. The food that you are instructed to eat on this diet causes your blood to become alkaline. I will explain how this happens from a scientific perspective.

The creation of alkaline blood happens due to the scientific concept that the food you eat leaves behind a residue in the body. You can control this residue by controlling the foods you eat. Eating alkaline foods leads to alkaline blood. The traditional American diet includes great amounts of acidic food, which leads to acidic blood, and thus, disease.

This effect happens as a result of your body's metabolism. Metabolism is a large term that describes the breakdown of one thing to create energy for your body. It is all of the body's processes that work together to maintain a person's life in more specific terms. This process happens when you eat food, and it is broken down to create energy for your body to function. This process also happens on a smaller level in each cell as its cell components are broken down to create energy. When you eat food, your body's metabolism begins to act, and it breaks down the food to make energy. The creation of energy leads to something called *ash*, which is a by-product. This ash can be acidic or alkaline. The goal of this diet is to eliminate acidic ash and create only alkaline ash.

What are Alkaline Foods?

Now that you understand the concept of an acidic versus an

alkaline environment within the body, you can see how certain foods can affect this environment by either adding acidity or alkalinity. Below is a list of alkaline foods.

- ☐ Raw tomatoes
- ☐ Almonds
- ☐ Spinach
- ☐ Leafy green vegetables
- ☐ Parsley
- ☐ Lemon
- ☐ Jalapenos
- ☐ Avocadoes
- ☐ Basil
- ☐ Red onions

We will look at even more foods that are alkaline later in this book.

CHAPTER 5

HOW DOES THE DR SEBI DIET CURE HERPES?

This chapter will begin looking at how the Dr Sebi Alkaline diet works to eliminate and prevent the herpes virus. We will first look at the three rules for curing herpes, and then

we will look at the benefits of consuming raw foods instead of cooked foods.

The 3 Rules for Curing Herpes

Below are the three rules for curing herpes, according to Dr Sebi.

1. Eliminate consumption of acidic foods.

As you learned in the previous chapter, acidic foods contribute to an undesirable bodily environment. This environment leads the body to experience disease and illness, like herpes. Rule number one for curing herpes through the Dr Sebi method is to eliminate acidic foods' consumption!

1. Cleanse the body of toxins and residual acid by taking alkaline herbs

We will look at this rule in much more detail in the next chapter, which will give you a better idea of how you can detox your body using this diet.

1. Give your body the nutrients it needs to repair and build a healthy and strong environment.

This includes not only eating according to the Dr Sebi Alkaline Diet but also optimizing your sleep. Sleep is very important for maintaining a healthy body.

If you have ever gone a few days without a proper, restful sleep, you know that you begin to feel a decline in your mental abilities rather quickly. This could be because of your brain's decreased energy levels. The number of hours you are in bed does not matter if the sleep is not good quality. Quality sleep for the right number of hours is what is needed to maintain good brain function and keep your brain going.

There are many ways to optimize your sleep and numerous benefits to doing so. Ensuring that you are working with your body's natural clock will ensure that you are getting adequate restful sleep, which will give you optimal brain functioning and allow your brain to perform autophagy. Autophagy in the brain, as you know, has many benefits related to disease prevention and health in general. The brain is the center of the body's functioning and controls everything we do, so keeping it healthy is very important. Optimizing your sleep allows you to have proper melatonin production, give you the best sleep quality possible and keep your sleep-wake cycle on track. Below, we will look at some ways to optimize your sleep.

1. Sunlight

Ensuring that you are exposed to sunlight during the day, especially in the morning, will help to tell your brain and body that it is time to wake up and begin the day. This signals to the brain to begin the functions that it performs during the day and stop those it does during the night. Exposing yourself to sunlight will also help show your body and brain the difference in lightness between day and night to perform its nightly functions properly.

2. Sleep-Wake Schedule

In order to allow your body to perform its functions that are triggered by the time of day, having a consistent sleep-wake schedule is important. If your body is able to expect your sleep and wake times, it can perform its scheduled functions, which will make you tired at the right time and wake up at the right time. Keeping a consistent sleep-wake schedule will also help you to have maximum brain functioning throughout the day. If you surprise your body by sleeping and waking up at different times each day, you will likely wake up tired and groggy with a confused internal clock.

3. Turn Off The Phone Before Bed

The blue light that your phone and computer give off can negatively impact your melatonin production. Exposing your eyes to blue light in the evening before bed can leave your brain and body thinking that it is still daytime, as it cannot tell the difference between this blue light and sunlight. Because of this, it will think it is still daytime and will not produce melatonin when it needs to,

leading you to experience difficulty falling asleep and difficulty staying asleep throughout the night.

Other than your phone and laptop, your house lights, if they are LED, can give off blue light; your television and your desktop computer do as well. When it becomes dark outside, turn off any LED lights in your house or change your lightbulbs to the soft yellow kind, do activities that do not involve screens like reading or listening to podcasts, or take a relaxing shower. If you must use electronic devices, you can download applications that will cut the blue light on your computer or your phone screen after sunset, helping your body know that it is nighttime. You can also wear blue light blocking glasses to avoid exposing your eyes to this type of light after sunset. These would be especially beneficial around daylight savings time when the sun sets rather early.

Further to this point is what you are using your phone or laptop for right before bed. If you are watching or reading stimulating things that are making your heart race or your mind run, this will make it difficult for you to relax enough to fall asleep. Your brain may also continue processing these things into the night, which can lead to nightmares and interrupted sleep.

4. Avoid Eating Before Bed

When you eat right before bed, it can be difficult to fall asleep as your digestive system will begin running, and this will give you a jolt of energy when you want to be winding down instead. Sitting up or standing during digestion also helps your body to digest

properly, and lying down right after eating can cause indigestion. This can interrupt your sleep as well. It is recommended to avoid eating less than three hours before bed to give your body ample time to digest and relax again.

5. Caffeine

Whether you are feeling tired or not, sometimes caffeine in the afternoon can make your sleep quality diminished and can make for a night of restless sleep. Try to avoid having caffeine after 3 pm so that you are able to let your body perform its natural nightly functions without them being interrupted by the presence of pesky caffeine molecules.

6. Complete Darkness

Sleeping in complete darkness is beneficial for your brain as it allows your body to do all of its normal nightly functions without being confused by the presence of light. These nightly functions include generating new neurons in the brain, repairing muscles from exercise, and generally repairing and resting itself. If there are lights in the room or lights coming in through the window, the body and brain may become confused about whether it is getting close to sunrise and if it should begin to prepare to wake you. Sleeping in complete darkness avoids this. To do this, make sure you have blackout curtains or wear an eye mask to sleep and keep your phone turned off. If you need an alarm clock, make sure its display has orange or red light instead of a blue.

7. Stress Levels

Going to bed with high levels of stress will make it hard for your brain to calm down and enter a state of dormancy. Before bed, avoid stressful conversations and stress-inducing activities like films or tv shows that could cause you to stress or work activities like checking your emails. Take time before bed to relax and take your mind off of stressful thoughts and activities to ensure you get the most restful sleep possible.

8. Alcohol

Alcohol before bed can make it so that your brain is unable to get to the deeper parts of sleep. This can make for a less restful sleep where autophagy is not induced as well as it should be, and neurogenesis (the building of new cells in the brain) is not accomplished to the level it would otherwise. This can cause you to feel tired and foggy in the morning.

9. Electromagnetic Fields

Our phones and laptops and other electronics are constantly giving off electromagnetic fields to stay connected to WIFI, cellular networks, and GPS. These electromagnetic fields are not something that we can see, but they can impact us without our knowledge.

In our bodies, there are constantly small electrical impulses firing, especially in the brain. In this way, different areas of our body communicate with each other to produce thoughts, movements, and automatic functions like breathing or swallowing. Because these

impulses use low levels of electricity, our electronic devices' electromagnetic fields can impact the regular functioning of the electric impulses in our brain and body. In time, exposure to these, especially while sleeping, could impact the healing and generation of new cells in the brain due to insomnia or disrupted sleep. This factor's full impact is difficult to determine at this stage as it is a relatively new issue that is still being studied to be better understood.

To combat this, you should switch off your phone and laptop completely during the night as well as your WIFI signal within your house. If you are unable to completely shut off your WIFI connection, ensure that other devices connected to it are removed from your bedroom, and those in your bedroom are switched off completely.

What Does Dr Sebi Say About Curing Herpes Using This Diet?

Dr Sebi says that virtually any disease or ailment is caused by the buildup of mucus in the body as a result of an acidic environment. Thus, he believes that by following an alkaline diet and taking his recommended supplements, you can cure and prevent disease, namely herpes.

Should you Consume Raw Food or Cooked Foods?

Before closing this chapter, we are going to discuss something that is heavily debated within the diet and nutrition world. Raw versus cooked food. There are some people who are strongly committed to the idea that raw food is better for your diet than cooked food. Raw food includes food that is unprocessed, unheated,

uncooked, and fermented.

Benefits Of A Raw Diet

People of these beliefs believe the following points;

1. Vitamins

When you cook your food, some of the nutrients that the food contained when it was raw may not be present anymore when cooked. Specifically, this can happen with a number of vitamins. This is due to the fact that some vitamins are water-soluble, meaning that they dissolve in water, so if you are boiling a vegetable, for example, the vitamins from the food may dissolve in the water and exit the food itself. Water-soluble vitamins include vitamin C and B vitamins. The majority of the vitamins that are lost during cooking will be those that are water-soluble, but some others like Vitamin A and some minerals may also be lost or deactivated through cooking, but to a much lesser degree. Since boiling vegetables can cause them to lose vitamins, a possible solution could be to cook them differently, such as roasting, steaming, or frying them. This will lead to less vitamin loss as these methods use much less water. Another possible solution could be boiling a vegetable for less time, as this will result in less nutrient loss.

2. Enzymes

The other thing that is believed by raw foodists (those who consume a raw diet) is that during the process of cooking food, many enzymes that are contained within are denatured because of the heat.

These enzymes can aid your gut indigestion, but it will require more enzyme recruitment within your gut to break down the food if they are denatured. Raw foodists believe that this ends up putting long-term stress on your digestive system. While it is true that enzymes become denatured at high heat levels, there is little scientific evidence that this causes any undue stress on the body.

3. Toxicity

Some extreme raw foodists believe that a cooked food diet is actually unhealthy and that it is actually toxic for the human body.

Drawbacks Of A Raw Diet

On the other hand, though, there are some drawbacks that are worth noting when considering a raw food diet.

1. Vitamins

While it is true that some vitamins are destroyed during the cooking process of food, there are others, however that are more readily available for your body to use when your food is cooked.

2. Challenging

It is quite difficult to follow a complete or even 70% raw food diet. It is rare that a person will be able to stick to a raw diet on a long-term basis.

3. Bacteria and Illness

When it comes to raw foods, some can be dangerous to consume. There are some bacteria that are present in foods that are killed

during the cooking process, which is why meats like poultry or pork must be cooked to a very specific minimum internal temperature for them to be safe to consume. This is a risk that is taken if a person wants to eat a raw food diet that still contains meats or fish, but if they are eating a raw vegan diet, it is less of a concern.

4. Chewing

You may not know this, but digestion actually begins in the mouth. The first step of digestion is when you chew your food. Cooking your food makes this first step easier, and eating raw food can make it more difficult to chew, resulting in tougher digestion and more stress on the gut later on in the digestion process. If the food is in bigger pieces or not properly chewed when it reaches the gut, it can result in painful gas and bloating. Also, if you are able to chew your raw food thoroughly, it usually takes much more energy and effort to do so. This is especially true for meats, as they are tough and difficult to chew if they are uncooked.

5. Anti-Nutrients

There is something called an anti-nutrient that is found within some legumes, beans, and grains. Anti-nutrients are something that, when ingested, prevent the body from absorbing nutrients from the foods that contain them. When you cook these foods, though, anti-nutrients' number and effectiveness become greatly reduced, allowing your body to absorb more nutrients from the food.

6. Antioxidants

In some vegetables, their antioxidants are made more readily available to your body by cooking the vegetables, so by eating them raw, your body will be unable to extract and absorb these antioxidants. These antioxidants have been shown to reduce the risk of certain cancers and heart disease.

7. Pleasant Aroma and Appearance

Cooked food, in general, has a much more pleasant aroma and appearance than uncooked food. The first part of eating happens with your eyes and your nose. When you see and smell cooked food, your mouth begins to water, and your digestive system begins to prepare for the food to be ingested, leading to more effective digestion.

The nutrients and vitamins that a person's body can get from food are completely dependent on the body's ability to digest the food, as this is how the body gets nutrients from the food. Without proper digestion, the body is unable to extract the nutrients it needs. Thus, it is important to make an informed decision about whether to eat your food cooked or uncooked depending on the ease with which it can be chewed and digested, in addition to the scientific research about the availability of its nutrients and vitamins.

Further, you must examine some foods' personal benefits and drawbacks when it comes to cooking or eating them raw. For example, tomatoes lose some of their vitamin C content when you cook them, but their antioxidant content increases. Thus, you must

make a personal decision about which you would prefer or which you need most at this stage of your life.

In some cases, there are foods that are better for your health, either raw or cooked. These foods and their preferred method of consumption are listed below;

□ Broccoli is much healthier for the human body when consumed raw. This is because there is a compound contained within it that has proven to be cancer-fighting, but that is found in much smaller quantities in cooked broccoli.

□ Onions are beneficial for the health of your blood when consumed raw. Raw onions lead to less blood clotting but cooking them leads this benefit to be greatly reduced.

□ Cabbage, when cooked for a long period of time, loses its beneficial enzyme for cancer prevention. Eating cabbage raw or only lightly cooked maintains much of this benefit.

□ Garlic has anti-cancer benefits when it is eaten raw, but when cooked, this benefit is denatured.

□ Mushrooms have been found to contain a compound that could be a carcinogen for humans. By cooking them, you are breaking down this compound and eliminating its possible harmful effects. Cooking them also releases an antioxidant that is inactive when they are raw.

□ Asparagus contains many vitamins, but they are inaccessible when it is raw because the stem is so fibrous that it is difficult for

the body to digest enough to absorb these nutrients. Cooking breaks the stem down enough for the vitamins to be released and absorbed during digestion.

□ Spinach contains many elements like zinc, calcium, and magnesium, but they are made much more available when it is cooked.

As you can see in the list above, there are some cases where you may prefer certain methods of preparation for certain foods. Keeping this in mind, a diet that is comprised of a mix of raw and cooked foods may be the most beneficial for most humans.

CHAPTER 6

WHAT FOODS CAN YOU EAT?

The Dr Sebi Diet follows a style of eating that can be referred to as "Plant-Based Eating." In this chapter, I will define plant-based eating, and we will look at a list of

foods that are permitted to be eaten on this diet.

In this chapter, we will go over some basics regarding nutrition and healthy eating. Regardless of what diet you are following, you must understand some basic terms and how they relate to what you put in your body. This chapter will provide you with a great foundation for building over the rest of the chapters in this book.

What are Macronutrients?

Macronutrients are those nutrients that are comprised of other smaller nutrients. These macronutrients are carbohydrates, protein, and fat. These are the things that you will often hear about when talking about a food's content and its level of "healthiness." The best sources of any macronutrients will be those natural sources.

□ Protein

The best sources of protein are always going to be the cleanest and most natural sources. If you are a vegetarian, you can get your protein intake from non-animal sources like tofu, beans, lentils, and other legumes.

□ Carbohydrates

Believe it or not, there are many many natural sources of carbs. Most of the time, when we think carbohydrates, we think of bread, pasta, and quick foods. However, did you know that fruits and vegetables are an excellent source of carbohydrates?

Other examples of natural and good carbohydrates include seeds like pumpkin or sunflower, nuts like almonds, hazelnuts, walnuts, and peanuts (if unsalted), legumes like beans, peas, and lentils.

When it comes to those bread sources you think of right away, only those whole grains are included in the more natural and healthy carbohydrate sources. Examples include brown rice, whole grain oats, quinoa (which is also very high in protein), truly whole-grain bread—because many loaves of bread are just refined flour loaves of bread colored brown to trick us. Ensure you check the ingredients list to ensure it is whole-grain bread; the fewer ingredients, the better.

□ Fats

There are good fats that are not the same as those you have heard of as bad for you. These good fats come from whole food sources and are not the same as the saturated fats you find in quick foods. Sources of these healthy fats include;

Avocados and nuts are sources of good fats. These foods contain natural and unprocessed fats that can be good for our health when consumed in moderation.

Extra virgin olive oil is another source of good fats and a few oils we should use to cook. We can omit vegetable oil, soybean oil, and canola oil, among others. Coconut oil is another great source of good fats, and you can use this in so many things like coffee, smoothies, baking, and as a pan greaser.

□ Bonus: Vegetables!

We already discussed vegetables above, but they are also usually included in a separate category when it comes to planning meals. You should include vegetables in every meal in a small proportion because of their numerous health benefits. These benefits include containing the vitamins and minerals that we need and tend to be deficient in, as we saw above, and their low-calorie content for such great volume. Vegetables are an excellent source of natural carbohydrates as well as excellent sources of so many other things.

What are Micronutrients?

Micronutrients are those smaller nutrients that are the components of *Macronutrients*, such as iron or sodium. These components are found in natural food sources, and they form larger nutrients. One example of this is red meat (the macronutrient protein), which comprises iron (a micronutrient).

What is a Plant-Based Diet?

A plant-based diet is one focused on only plant-forward sources of food. This is not only restricted to vegetables and fruits but any other plant sources of food as well.

This diet does not mean the same thing as being vegetarian or vegan, and it does not say anything about what you can eat in terms of meat and dairy. However, there are many similarities to a vegetarian diet or a Mediterranean diet. A Mediterranean diet comes from the foods that would commonly be eaten by people who reside around the Mediterranean; thus, it includes foods that would be grown and found in these regions. Many of these foods are plant-based, but it also includes fish, poultry, and dairy in small quantities. This is one example of a diet that is mostly plant-based.

A vegetarian diet is another example of a diet that can be mostly plant-based but without including meats. However, a vegetarian diet is not always plant-based if the individual eats a high amount of processed foods.

The plant-based diet can be flexible and tailored to the specific individual, which is one of its benefits. This diet is focused on keeping foods as natural as possible and avoiding heavily processed foods. In this book, we are going to look specifically at a Ketogenic, Plant-based vegetarian diet. The recipes included are plant-based and vegetarian and will provide you with some sample meals that you can make to begin following this type of diet.

Benefits of a Plant-Based Diet

We will now look into some of the many benefits of eating according to a plant-based diet.

1. The Environment

Plant-based diets are not only beneficial for a person's body and their health, but they are also beneficial for the environment. By reducing the number of processed foods that you eat, you are reducing your carbon footprint as the factories that produce these foods use a lot of energy and resources, which leads to pollution of the environment. Since one of the main factors of a plant-based diet is that it involves whole and natural foods, they are ingested as close to the state in which they are found in nature as possible.

2. Inclusive not Exclusive

One of the great things about this diet is that it is not one that is founded on restricting a person's intake heavily and only allowing a small number of foods. Diets like this are extremely hard to transition to and are hard to maintain for a long period of time. A plant-based diet is about including as many natural, plant-based foods as you wish while also not excluding things like lean meats or fish. This makes it much easier to stick with this type of diet and reduces the chances of falling off after a short period of time due to cravings or intense hunger. It does not restrict calories or reduce your intake greatly, which makes it easier to handle for many. It feels natural to eat in this way, which makes it effective.

3. Disease Risk

Eating a plant-based diet has also proven to lower your risk of developing certain diseases. These diseases include raised blood pressure, cancer, stroke, and high cholesterol. This is because the diet includes many plant sources and few animal sources, leading to better overall health. When you get your energy primarily from plant sources instead of animal sources, you are getting energy more directly than you do if your energy comes from animals. This is because plants get their energy directly from the sun. Then, you are getting energy second hand when you eat plants. However, animals eat plants, and sometimes the animals you eat have eaten other animals to get their energy, which means that you are getting third or even fourth-hand energy when you eat animals. This makes it much less natural and more processed in a sense than it would be if you ate mostly plants.

4. Diabetes

Plant-based diets help to improve a person's insulin sensitivity. Insulin is a compound in the body that is responsible for taking sugar that you eat into cells and thus, regulating the levels of blood sugar. Diabetes is a disease that involves issues with insulin, the way it functions, or its presence at all. A plant-based diet has been shown to improve the efficiency and efficacy of insulin in the cells, which is why it also helps regulate a healthy level of blood sugar. A predominant cause of reduced insulin sensitivity these days is the high amount of refined sugar that we ingest. Refined sugar leads to

spikes in blood sugar that can be damaging for our insulin and our cells. By reducing the number of sugars, you are able to control these blood sugar spikes and keep a healthier level of blood sugar throughout the day. A plant-based diet, in particular, has been shown to help control and improve type 2 diabetes.

5. Obesity

We will talk about this diet and its effects on weight control in the next chapter, but first, I will mention the benefits it has for reducing obesity. It leads to a lower BMI or Body Mass Index, which is a measurement used to determine one's level of health based on their weight compared to their height. One reason for this is that the plant-based diet includes many high water content, complex carbohydrates, and fiber. These things help reduce the chances of overeating and eating due to dehydration instead of genuine hunger. People will often mistake the craving for water due to thirst for hunger, and they will eat, but in fact, they were not hungry, only thirsty. By eating foods higher in water content and higher in fiber reduces a person's chances of overeating and thus leads them to have a lower BMI or reduce their risk of obesity.

6. No Chemical Additives

One benefit of a plant-based diet is that you will not be ingesting all of the chemical additives that are present in processed foods. These additives include preservatives, coloring agents, and additives for texture. Many of the side-effects that ingesting these chemicals can cause are not yet studied, and this can pose potential health risks

that we are not even aware of yet. By eating plant-based foods and organic foods, you are minimizing your exposure to these chemicals and additives. The closer a food is to its most natural state, the fewer chemicals it will contain.

Examples of Plant-Based Foods That you Should Eat On This Diet

Now that you understand a plant-based diet and some of the associated benefits, we will look at a more specific list of foods that you can eat while following the Dr Sebi Alkaline diet. You can think of this diet as a stricter form of traditional plant-based eating.

Fruits

- ☐ Apples
- ☐ Mangoes
- ☐ Cantaloupe
- ☐ Latin or West Indies soursop
- ☐ Currants
- ☐ Dates
- ☐ Berries
- ☐ Seeded key limes
- ☐ Seeded melons
- ☐ Prickly pears
- ☐ Peaches

☐ Figs

☐ Tamarind

☐ Pears

☐ Soft jelly coconuts

☐ Papayas

☐ Elderberries

☐ Plums

☐ Green Bananas

Vegetables

☐ Tomatoes (only cherry and plum)

☐ Tomatillos

☐ Turnip Greens

☐ Garbanzo Beans

☐ Spanish Squash

☐ Nopales Cactus

☐ Olives

☐ Sea vegetables

☐ Zucchini

☐ Mushrooms (except shiitake)

☐ Kale

☐ Lettuce (except iceberg)

☐ Bell peppers

☐ Okra

☐ Chickpeas

☐ Squash

☐ Cactus flower

☐ Cucumber

☐ Watercress

☐ Sea Vegetables

☐ Dandelion greens

☐ Avocado

Grains

☐ Fonio

☐ Teff,

☐ Wild rice

☐ Quinoa

☐ Amaranth

☐ Khorasan wheat (Kamut),

☐ Spelt

☐ Rye

Nuts and Seeds

- ☐ Brazil nuts
- ☐ Raw sesame seeds
- ☐ Hemp seeds
- ☐ Walnuts
- ☐ Raw tahini butter

Oils

- ☐ Olive oil (uncooked)
- ☐ Sesame oil
- ☐ Avocado oil
- ☐ Grapeseed oil
- ☐ Coconut oil (uncooked)
- ☐ Hempseed oil

Herbal Teas

- ☐ Tila tea
- ☐ Fennel tea
- ☐ Ginger tea
- ☐ Raspberry tea
- ☐ Chamomile tea
- ☐ Burdock tea

☐ Elderberry tea

Spices

☐ Thyme

☐ Powdered granulated seaweed

☐ Pure agave syrup

☐ Oregano

☐ Bay leaf

☐ Date sugar

☐ Terragon

☐ sweet basil

☐ Cayenne

☐ Basil

☐ Achiote

☐ Habanero

☐ Cloves

☐ Onion powder

☐ Pure sea salt

☐ Sage

☐ Dill

In addition to tea, you are allowed to drink water.

Some Grains

Grains in the form of;

- ☐ Pasta
- ☐ Bread
- ☐ Flour
- ☐ Cereal

Foods that have been leavened with baking powder or yeast are banned from this diet.

What Herbs Should you Include?

☐ **For the Detox Phase**

It is recommended that you detox your body by taking the following herbs. Then, once you have detoxed, you will revitalize it by beginning the alkaline diet, thus rebuilding your body in a healthy way.

- ☐ Sarsaparilla (A great iron source and is great for targeting herpes)
- ☐ Burdock Root
- ☐ Dandelion
- ☐ Mullein
- ☐ Chaparral

- Eucalyptus

- Guaco

- Cilantro

- **For the Regeneration Phase**

Once you have detoxed, it is recommended that you include the following herbs in your diet to prevent disease, namely herpes, from reoccurring. This part of the diet is called regeneration.

- Pao Pereira

- Pau d'arco

- Oregano oil (90% concentrate)

- Ginger essential oil

- Sea Salt bath

What Supplements Should you Include?

This section will look at the different supplements that you should include in your Dr Sebi Alkaline Diet. These supplements can be divided into two categories: Dr Sebi's African Biomineral Balance Compounds, which are the supplements sold on his website, and a list of "other supplements" that are not sold on his website but that go hand-in-hand with this diet.

- **Dr Sebi's African Biomineral Balance Compounds**

In addition to the foods that you can eat, there are several supplements that you are advised to take on this diet. These

supplements are sold on the diet's official website.

His supplements include capsules containing seaweed varieties, algae varieties, and herbs in mixtures that Dr Sebi determined to benefit the body's Alkaline state.

One such supplement is called *Bromide Plus*, which is a capsule containing red algae and something called bladderwrack, which is a seaweed varietal.

Another supplement that Dr Sebi recommends is his *Blood Pressure Balance Herbal Tea*. This tea controls and maintains healthy blood pressure. This tea's main ingredient is *flor de manita*, a plant sourced from Mexico and Guatemala. This plant has been used in alternative medicine for centuries to treat heart diseases and maintain heart health. Further, this plant contains anti-diarrhea and anti-bacterial effects.

In addition to the two examples that I provided above, Dr Sebi recommends several detox supplements, which contain ingredients such as those listed above in the diet's detox phase.

The supplements are sold as packages, depending on the benefits that you are looking for. You can purchase everything in one package, including pills, tea, and oils that will support your nutrition and overall health. Each of these supplements will target different areas of the body, including the brain, heart, and hormone system.

□ Other Supplements

In addition to the supplements suggested on Dr Sebi's website, there are other supplements you should consider.

Supplementing may be very beneficial and even necessary when fasting to maintain and improve health. Some essential nutrients and minerals that your body would greatly benefit from, like Omega-3's or iron, may be difficult to get in adequate amounts if you are fasting. For this reason, supplementing them may benefit you in keeping you feeling healthy and energetic and keeping your brain functioning to its full potential. You can take specific nutrients on their own in pill-form, or you can opt for a multivitamin that will include all of the essential vitamins and minerals for overall good health. The vitamins included in a multivitamin will be known to promote good overall health and those usually obtained through a balanced, whole food diet.

Omega 3 Fatty Acids

These fatty acids are essential since they cannot be made in our bodies. Omega-3 Fatty Acids are substances that are necessary to get from your diet as the body cannot make them on its own. These fatty acids are a certain type in a list of other fatty acids, but this type (Omega-3) is the most essential and beneficial for our brains and bodies in general. They have numerous effects on the brain, including reducing inflammation (which reduces the risk of Alzheimer's) and maintaining and improving mood and cognitive function, including specifically memory. Omega-3's have these

greatly beneficial effects because of how they act in the brain, which makes them so essential to our diets. Omega-3 Fatty Acids increase the production of new nerve cells in the brain by acting specifically on the nerve stem cells within the brain, causing new and healthy nerve cells to be generated.

Omega-3 fatty acids can be found in fish like salmon, sardines, black cod, and herring. It can also be taken as a pill-form supplement for those who do not eat fish or cannot eat enough of it. You can also take it in the form of a fish oil supplement like krill oil.

Omega-3's are by far the most important nutrient that you need to ensure you are ingesting because of the numerous benefits it, both in the brain and in the rest of the body. While supplements are often the last step in trying to include something in your diet, for Omega-3's the benefits are too great to potentially miss by trying to receive all of it from your diet.

Sulforaphane

Brussels Sprouts, Cabbage, Kale, Broccoli Sprouts have in common? All of these green vegetables have one thing in common-they all contain Sulforaphane. Sulforaphane is a plant chemical that is found naturally in these vegetables. This is an antioxidant that acts similarly to turmeric and thus has similar benefits. Like turmeric, Sulforaphane leads to many benefits in the brain, which helps to reduce the risk of Alzheimer's, Parkinson's, and dementia, which are all neurodegenerative diseases. *Neurodegenerative* means that the cells in the brain called nerves are damaged and broken down, which

leads to cognitive declines like Alzheimer's or physical decline as in Parkinson's. These vegetables can help treat these diseases by slowing their progression, as they are all diseases that come about over time. There is no cure yet, but the treatment at this stage involves delaying these diseases' progression.

Sulforaphane can be found in the vegetables as mentioned above, but the strongest source is in broccoli sprouts. It can also be taken concentrated in a supplement form.

Calcium

Calcium is beneficial for the healthy circulation of blood and for maintaining strong bones and teeth. Calcium can come from dairy products like milk, yogurt, and cheese. You can also find it in leafy greens like kale and broccoli and sardines.

Magnesium

Magnesium is beneficial for your diet, as it also helps you to maintain strong bones and teeth. Magnesium and Calcium are most effective when ingested together, as Magnesium helps in the absorption of Calcium. It also helps to reduce migraines and is great for calmness and relieving anxiety. Magnesium can be found in leafy green vegetables like kale and spinach and fruits like bananas and raspberries, legumes like beans and chickpeas, vegetables like peas, cabbage, green beans, asparagus, and brussels sprouts, and fish like tuna and salmon.

Exogenous Ketones

When scientists tested these exogenous ketones on animal models, they proved beneficial in helping the animals with problems like seizures, cancer, inflammation, and anxiety. These findings remained true even when the animals were given the ketones on their regular diet. These ketones were beneficial at helping the above condition, which are the diseases that we normally see most often.

Electrolytes

When you first begin following an intermittent fasting regime, having Electrolyte depletion is quite common. This is because of water weight loss through fat and a lower carbohydrate intake, which is often common, as we have discussed. Taking electrolyte supplements can help avoid a deficiency in common electrolytes, like Magnesium, potassium, and sodium. This is also why you should ensure you are getting enough dietary sodium, as this is an electrolyte that you need. Along with this, though, you will need to ensure you are drinking enough water to avoid dehydration.

Iron

This one is a little tricky, but it is worth noting. Iron should be obtained in the right amounts in your diet through whole foods. If you feel like you might be deficient in iron and have trouble getting it in the foods you eat, you can visit your doctor for advice on this topic. You cannot supplement iron without being referred by a doctor first, as it is something that they would like you to first try to get from your food. If this is becoming a problem, they can give you

supplements to take. This is especially a concern if you are not eating much red meat, which may lead your doctor to want you to begin supplementing. Make an appointment with your doctor to find out more about this topic.

Vitamin D

Vitamin D is found in some foods that have been fortified with it, but you can only find it in only a few foods in a natural sense. These include cheese, fatty fish like salmon and tuna, as well as egg yolks. Another source is mushrooms that have been exposed to UV rays, so the organic ones are likely of this sort.

Vitamin D can be absorbed naturally through sun exposure, so if you live in a sunny place, make sure you get out for some walks or some timer with the sun on your skin. If you live in a colder or more gloomy place, consider purchasing a lamp that mimics the sun and provides you with vitamin D in your house. On a sunny day, even if it is cold, going outside and getting sun on your face will give you vitamin D.

This one is something that everyone should be conscious of, but it is especially necessary to examine if you are following a specific diet.

Bioactive Compounds

Bioactive compounds are compounds found within foods that act in the body in beneficial ways. The bioactive compounds found within berries, such as Acai Berries, Strawberries, and Blueberries,

are very beneficial for your health. The bioactive compounds in these specific types of berries work in the brain to improve functioning and reduce inflammation. This leads to the protection of brain cells, in this case, from *oxidative stress*. Oxidative stress is something that can happen within the brain when there is an imbalance of oxygen, which can cause reduced cognitive functioning. These berries help to reduce this by keeping the balance of oxygen at a healthy level.

Probiotics

There are some foods that have probiotics added to them, like yogurt, but you can also take this in pill form. Probiotics are "good bacteria" that balance out the other types of bacteria that are normally found in the gut. A lesser-known benefit of probiotics is that they actually induce autophagy in the brain. Because of this, probiotics can actually reduce brain damage and improve cognitive functioning. Probiotics are good for your entire body, from your brain down to your entire digestive system.

Probiotics can also be found in fermented foods like kimchi and kombucha, but these are not usually foods that one would ingest every day, so pill-form is recommended for this specific supplement.

Ginseng

American Ginseng is a more mild form of Ginseng when compared to other types of Ginseng, like those found in Asia. Ginseng is quite powerful, so this American Ginseng is suitable for

those who otherwise would not take other forms of it. Ginseng is an herb that is found naturally in nature, whose effects are beneficial and can be harnessed.

Ginseng induces autophagy in the brain and protects the brain cells from damage, specifically by *Neurotoxicity*. Neurotoxicity is when damage happens to the nerves in the brain by chemicals such as certain street drugs like ecstasy or MDMA, metals like lead or pesticides, among others. Ginseng helps prevent this by its positive effects on the cells of the brain, as it can induce autophagy, which gets rid of toxins and disease within cells and prevents it from spreading. Ginseng is sometimes found in ketone supplements and can also be taken on its own. It is able to increase energy and improve brain function on a day to day basis.

Vitamin D and Vitamin K2

Vitamin D and Vitamin K2 work together in tandem in the body, so it is recommended that if you are supplementing with one, you also supplement with the other. Vitamin D is able to be created within our bodies by the combination of our bare skin and the sun. When they come in contact with each other, Vitamin D is created. Vitamin D has numerous benefits, including being able to induce autophagy not only in the brain but in every cell of the body. This is what makes Vitamin D such a powerful vitamin. Every cell in the body has vitamin D receptor molecules, which means that every cell can respond to the presence of vitamin D. If you are not getting enough on your own, you may want to supplement it along with vitamin K2.

Vitamin K2 has also been shown to induce autophagy to some degree. If you live in a part of the world that does not get too much sun or which has periods of time where it does not get too much sun, this may be an option for you.

In studies where patients who had experienced brain injuries supplemented vitamin D, the results showed that their brain functioning improved. It was found that this happened due to Vitamin D's ability to restore damaged autophagy functioning in the brain.

Lithium Orotate

At first, when most people hear lithium, they likely think of the drug given to patients who suffer from bipolar disorder. However, in this case, it is a different form of lithium that we are talking about. Lithium, specifically Lithium Orotate (rather than Lithium Carbonate), is a mineral that is not made in our bodies but that has very beneficial effects when supplemented. In low doses, lithium orotate has extremely beneficial effects on the brain and the spinal cord. Lithium works on *myelin* in the cells of the brain and the spinal cord. Myelin is a layer that coats certain cells in the brain and the spinal cord in order to ensure the signals that are firing in all directions all the time are doing so effectively and efficiently and without mistakes. Therefore, lithium orotate helps your brain to “fire properly” quite literally.

Lithium also induces autophagy in the brain. It more specifically promotes the breaking down and removing damaged proteins that have been known to progress neurodegenerative diseases like Alzheimer's and Huntington's disease.

CHAPTER 7

WHAT FOODS SHOULD YOU AVOID?

This chapter will focus on the foods that you should avoid while following the Dr Sebi Alkaline Diet. This chapter will give you a better idea of what your diet should look

like by informing you about what to eliminate.

What Foods Must you Eliminate When Following This Diet?

This diet does not allow you to eat any of the following foods or food categories;

- ☐ Foods that are processed (industrial foods, as we have seen)
- ☐ Animal-based foods
- ☐ Foods that have been made with leavening agents
- ☐ Certain vegetables, fruits, grains, nuts, and seeds
- ☐ Processed food, including take-out or restaurant food
- ☐ Dairy
- ☐ Sugar (besides date sugar and agave syrup)
- ☐ Foods made with baking powder.
- ☐ Seedless fruit
- ☐ Fish
- ☐ Yeast or foods that have risen with yeast.

☐ Eggs

☐ Alcohol

☐ Canned fruits

☐ Canned vegetables

☐ Chicken or any kind of poultry

☐ Fortified foods

☐ Red meat

☐ Soy products

☐ Wheat

☐ Furthermore, many vegetables, fruits, grains, nuts, and seeds are banned from the diet.

Why Must you Eliminate Certain Foods?

As you can see, following the Dr Sebi Alkaline Diet involves eliminating quite a number of foods and ingredients from your diet. Many of these foods fall into the category called *industrial foods*.

What Are Industrial Foods?

Industrial foods are processed and made commercially, such as in a factory or some other mass-production process. These foods include convenience-made foods like pre-packaged foods, snack foods, or foods sold to us in fast-food restaurants. These foods are quick consumption foods that are made to be easily prepared or consumed immediately.

We may often see ingredients on the packages of foods we eat, but we aren't sure exactly what those ingredients are, just that they taste good.

Industrial food production is all about convenience, speed, and ease of production, sale, and consumption. These foods are not made with the people who will consume them in mind. They are made with the dollar in mind and are marketed towards us as if they are a good option to save time and still eat all of our meals. We will now look at the most common ingredients you can find in industrially produced foods and what these ingredients are. In this section, we will go deeper into them.

MSG

MSG stands for Monosodium Glutamate, which sounds way too sciencey for many of our brains to even pronounce, let alone know what it is or what it does. MSG is added to foods to give them a delicious flavor. It is essentially a very concentrated form of salt. This does in foods such as fast-food, packaged convenience foods, and buffet-style food is that it gives it that wonderfully salty and fatty flavor that makes us love these foods so much. Companies put this in food because it comes at an extremely low cost, and the flavor it brings covers up the not-so-great flavor of all of the other cheap ingredients used to make the food.

MSG has been known to block our natural appetite suppressant chemicals that normally are released when we have had enough to eat. Therefore, when we eat foods like this, we do not recognize

when we are satiated, and we continue to eat it because it tastes so great.

Cheese

The next food we will look at is cheese. The major culprit when it comes to cheese is something called *Casein*. This is a heavily-processed ingredient derived from milk- this is where it is naturally found; it is processed a few times over and eventually creates concentrated milk solids. This is then added into cheese, french fries, milkshakes, and other fast and convenient packaged or fast-food joint foods containing dairy or dairy products like pastries and dressings. Casein is addictive in itself, making the food it is added to quite addictive for us.

High Fructose Corn Syrup

High fructose corn syrup is surely an ingredient you have heard of before or at least one you have seen on the packaging of your favorite snacks or quick foods. While this is derived from real corn, after it is finished being processed, there is nothing corn-like about it. High fructose corn syrup is essentially the same thing as refined sugar when all is said and done. It is used as a sweetener in foods like soda, cereal, and other sweet and quick foods. This ingredient is often seen because it is much cheaper than using sugar and is much easier to work with.

Food Coloring

Many different food colorings are used in processed foods to give them the visual appeal that will make them look appetizing and make people buy them. The problem here is that these dyes are chemicals that we do not need to be consuming and have been known to cause children to become hyperactive. These dyes are included in mass-produced foods because without them, we would see that most of these processed foods look quite unappealing and of greyish-brown color after all of the processing, additions of chemicals, and before they have been colored. For example, much of the time, when we see a package of "brown bread," we think that this means it is healthier for us. This is not necessarily true, though, as sometimes the brown bread is just white bread or bread with processed flour and many additives that has been colored brown so that we as consumers think it is healthier for us.

Preservatives

There are so many preservatives in our foods today and so many different names for them that only the most advanced scientists could pronounce. Preservatives are added to foods to keep them fresh for longer or increase their shelf life. Suppose you have ever seen videos or articles about heavily-processed foods that are laughing about how twenty years from now, they will still look the same and will not have become moldy or decayed at all. In that case, this is because of the preservatives added to it. The longer things will last, the more preservatives they have added to them. If you

regularly buy fruit or vegetables, you will know that they start to become moldy and decay after about a week or so in the fridge. This is what a whole regular food would do, but an industrially processed food would not.

Fat, Salt, And Sugar

Now for the trifecta- fat, salt, and sugar are often seen as a triad in the most processed foods. Even if you think a food is very salty, like a fast-food french fry, there are most definitely heaps of sugar added into it. While these three being found together make for a great taste for our taste buds, they are not so great for the body. When they are all contained in a single food item, your body craves those ingredients and that food repeatedly. As we talked about previously, fat, salt, and sugar can be found combined as High-Fructose Corn Syrup or as oils that have been hydrogenated or processed heavily. These two ingredients are cheap and flavorful, so they are added to just about everything we buy in fast-food restaurants or heavily processed foods. If you go to a regular sit-down restaurant, they may not be using only industrially-processed foods. Still, they will be sure to use a large amount of sugar, fat, and salt together in a single dish, which is what will make the food taste great and will keep you coming back again and again.

Why are Industrial Foods a Problem in our Society?

As I mentioned, the majority of foods included in an American diet are made for the purpose of cheap production and quick consumption. This means that there is no consideration for their

nutritional value. For this reason, many of them provide little to no nutritional value at all.

One of the biggest reasons these foods are a problem in our society is that the ingredients that go into making them have been compared to illicit drugs in their chemical structure and addictive properties. For example, when cheese and other foods that contain Casein are digested, it is broken down, and one of the compounds that it breaks down into is a compound that is strikingly similar to opioids. This highly addictive substance is in pain killers.

The reason that these foods are addictive is their chemical structure. A chemical structure is like the organization of the molecules that make something that it is. Everything has a specific chemical structure- or a specific arrangement of molecules, and this is what makes everything different from each other, but some things similar. If two things have very similar chemical structures, they will be similar substances, materials, or objects. So, these addictive chemicals found in industrially-produced foods are built of a chemical structure that is very similar to the chemical structure of highly addictive drugs like cocaine, heroin, or opioids. Either this or they break down in our digestive system, and then this process creates chemicals that are very similar to the chemical structure of drugs that are highly addictive. So, to understand why these specific chemical structures are addictive, we will have to understand our brains' science in a little bit more depth. The next section will go deeper into this to understand that we are very susceptible to food addictions, especially of very specific types of foods.

As I mentioned previously, the chemicals found in foods like High Fructose Corn Syrup, Casein, Fats, and Salts contain chemical structures that eventually travel to our brains. When they get there, they find very specific places to rest. These places are built like a puzzle, so these chemicals find their matching puzzle piece in the brain, and they stick to it tightly as their structures fit together perfectly. This is the same with drugs. When we ingest an opioid, like oxycodone, which is a narcotic, this opioid makes its way to the brain and does the same thing. It will look for its matching puzzle piece and link to it tightly. The problem is that the chemicals in food and the highly addictive drugs are very similar; these will find the same puzzle pieces as each other. Because of this, they make us feel the same way as each other.

They make us feel happy, giddy, elated, and like we are having a great time. This feeling is what keeps people who are addicted to these drugs like painkillers or cocaine going back to them for more. This is where the addiction to these drugs comes from. It is more than a conscious decision to continue, but the pursuit of these wonderful feelings that come from a very real chemical reaction in our brain.

Why does this chemical reaction make us feel so good? This is because these drugs act as a reward for the brain and the body. When these chemicals- be they drugs or food additives, find their matching puzzle pieces within the brain, this matching of pieces causes another chemical to be released by the brain. This other chemical that is released is what then makes our brain feel like it has been

rewarded. The rewarding feeling makes us feel accomplished, happy, and excited. As humans, receiving the feeling of reward is very strong and very addictive. Every time our brain has this puzzle piece matching, we feel a sense of reward. And whether this comes from a drug or a food additive, our brain can't tell. All our brain knows is that there has been a chemical connection, and it then releases the reward chemical. This is why these addictions are so hard to break. When it comes to drug addictions, people seem to understand that there is something more than the person's willpower involved, and it is something that must be fought hard to overcome. It is less understood that this is the same thing when it comes to food addiction. By explaining this chemical process to you in this chapter, I hope that this helps you understand why you have difficulty stopping yourself if you suffer from binge eating or why it is so hard to say no when you feel like turning to food a comfort.

Sugar

We will now look more closely at sugar and how it affects our bodies and our minds. Sugar is the worst culprit of all of these food additives. This is because it is so hard to avoid! Sugar is found in everything we eat that we can buy from a restaurant or a store. There are so many sugar forms and so many names that it is usually disguised in the ingredients list on food packaging. One food may contain 70 percent sugar, but on the label, it may look as if this is not true because the different types of sugar have all been separated to trick us into thinking this is not the case. When it comes to avoiding sugar, it takes diligence and a keen eye for detail.

We already discussed one form of sugar, High Fructose Corn Syrup. This sugar type is cheap and easy to use and is added to virtually everything packaged that we can ingest. This is because it gives even salty foods that tasty flavor balance.

Sugar As A Drug

As we talked about previously in this chapter, the chemicals found in food act in our brains in a very similar way to how highly addictive drugs act. Sugar itself acts in a specific way that makes it so difficult to avoid. Sugar affects what is called the *Limbic System*. A limbic system is a group of structures in the brain that have to do with our emotions and memory. This includes the regulation of our emotions and forming memories, which contributes to our learning. This means that when we eat something very sugary, the chemicals that make up the sugars can affect our emotions. When this happens, it makes us feel emotions like happiness and satisfaction. Then, because eating certain foods makes us feel like this, we form a memory of this, and in turn, we learn that eating these specific foods gives us positive emotions. This makes us keep coming back for more.

So, when we eat something that contains both sugars and Casein, for example, we will get action on our limbic system and our reward system in the brain. Therefore, foods that give us both a feeling of reward and a surge of positive emotion are the most difficult to resist and the first ones we turn to when we want comfort in the form of food because we know they will make us feel good. And they always

do, as these chemical reactions in the brain occur each time. We may not even realize this, as it becomes second nature to us. We may not recognize the positive feelings we get after we eat something that comforts us, but we know we keep craving it for some reason. If this has ever happened to you, you now know why this is. After learning about these things, pay attention to your cravings and see if this may be the explanation for why you have them. This will help you to find motivation as you begin to follow the Dr Sebi Alkaline Diet.

Why Must you Eliminate Some Whole Foods?

Now that you understand which foods you should eliminate, you may be wondering, “I understand why you should eliminate industrial foods, but why must you eliminate seedless fruit, fish, and other foods that are not made in a factory?” This subchapter will focus on answering this question for you.

Remember when we discussed the difference between whole foods and industrial foods? Remember, whole foods are things like fruits, vegetables, lean meats, and things like this that are not created in a factory.

Now, you can see from the list of foods that you must eliminate that some of those foods fall under the umbrella of whole foods. Dr Sebi says that the problem with the traditional western diet is that it contains too many foods that lead to an acidic environment within the body. For this reason, some foods that you may think would be included in the list of permissible foods are not. This is because if these foods are known to be acidic, rather than alkaline, or to cause

an acidic environment within the body, they should be eliminated when following the Dr Sebi Alkaline Diet.

CHAPTER 8

WHAT OTHER CONDITIONS DOES THIS DIET TREAT?

People choose to follow the Dr Sebi Alkaline Diet for various reasons. One of these reasons is the numerous conditions that it can eliminate, treat, and prevent- herpes.

This chapter will look at some of the other conditions and diseases that this diet can treat to give you an idea of other benefits from following this diet.

Inflammation and Inflammatory Diseases

In 2020, The World Health Organization (The WHO) stated that diseases related to chronic inflammation are the number one cause of death worldwide. This finding has sparked a lot of conversation about inflammation in the body, inflammatory diseases, and how people can prevent them before they begin. As a result, people are searching for ways to prevent and curb inflammation. The WHO also stated that the prevalence of chronic inflammatory diseases is projected to increase greatly over the next thirty years. With statistics like these, there is never a better time to read this book and to begin taking your health into your own hands.

In its simplest form, inflammation is the body's way of using the immune system to get rid of some kind of irritant. This irritant could be a disease, a bacterium, a cut or a scrape, or any other kind of

damage or threat of damage to the body. Inflammation is a natural process in the body that is in place to help keep your body working and healthy.

To you, on the outside, inflammation may seem like it is an annoying problem that your body causes you, as it feels like swelling, redness, and pain. In reality, though, it is a sign of your body working tirelessly to keep you healthy and remove whatever isn't supposed to be there that is making you sick. Our bodies would not be able to heal if it were not for the presence of inflammation.

However, a problem arises when this inflammation does not go away when it is not needed anymore in the body. For example, when your wound heals or when the threat of disease is no longer present. When this happens, it can leave a person with many negative side-effects, including chronic pain or a variety of different inflammation-related diseases.

On the outside of the body, inflammation can be identified by redness, swelling, heat to the touch, and pain. This effect can happen when there is an infection, a physical injury, or any other assault to that area.

□ Acute Inflammation

There are different types of inflammation. The first one we will discuss is the one you are likely most familiar with, acute inflammation. Acute inflammation has a rapid onset but usually only lasts until the bacteria or the injury is gone. Examples of this include a cut or scrape, tonsillitis, sinusitis, and bronchitis. The

inflammatory response occurs at the first sign of infection or virus in the body. These inflammatory cells are no longer present after they have successfully gotten rid of the problem in that area of the body.

□ Chronic Inflammation

The other type of inflammation is chronic inflammation. Chronic inflammation occurs over a long period, from months to years, and has a slower onset than acute inflammation. Acute inflammation can become chronic inflammation if the infection or the injury is not resolved from the initial inflammatory immune response. Chronic inflammation can also occur because of consistent exposure over a long period to a low level of irritants like allergens or chemicals. When inflammation becomes chronic, we begin to see diseases develop.

Inflammation is beneficial and necessary for proper healing and maintenance of good health. Still, when it occurs over a long period (such as years), this lasting inflammation can create body problems.

"Inflammatory Disease" is an umbrella term for various diseases that involve inflammation in some parts of the body, usually over a long period. Examples of these diseases include the following;

Obesity

While there are many causes of obesity, one of the more recently discovered causes may be related to inflammation within the body. This cause leads to obesity because of the way the body's

metabolism is affected. As each cell's functioning becomes improperly regulated, it can lead to various metabolic disorders, obesity being one of them. This effect can be caused by problems related to the breakdown of tissues for energy, leading to problems in the breakdown of fat tissues and increased fat storage.

Digestive Issues

Inflammatory bowel disease is another disease caused by chronic inflammation. Within the term, Inflammatory bowel disease (IBD), several more specific conditions are characterized by the digestive tract's inflammation. IBD is caused by an abnormal response in the gut to certain foods, or bacteria and viruses, leading to chronic inflammation.

There are many symptoms that the digestive tract's inflammation can cause, including nausea, lack of appetite, fever, fatigue, and abnormal stools.

One example of an IBD is Crohn's Disease, where any part of the digestive tract can be the site of inflammation. The food that a person puts in their body is very important when they have IBD, as the food will have to go through the digestive tract, and thus the inflamed areas will be involved every time the person ingests food.

Allergies

Allergies to something like a cat when you visit someone's house can come about quickly when in a cat's presence and be gone after a few days once the irritant is removed. Sometimes, however, the

inflammation caused by allergies can become chronic and lead to a condition like hay fever. Hay fever happens when the nasal pathways become inflamed to protect the person from inhaling any more of the irritant (like pollen or grass); however, after a few weeks, this inflammation can become quite irritating for the person experiencing it. They will experience things like a stuffed nose, making it difficult for them to go about their regular lives. At this point, inflammation that is supposed to help the person becomes more of a burden.

Asthma

Asthma is caused by inflammation of tubes connecting and moving air to the lungs and the tubes within the lungs. Because these airways are inflamed, they are extra sensitive to everything that the lungs inhale, especially irritants of any sort. When an irritant is inhaled, the already inflamed airways become even more swollen, making it very difficult for them to breathe. Asthma and allergies are closely linked and can act in similar ways or tandem in the body. Like allergies, chronic inflammation can be caused by environmental factors such as air pollution or chronic mold exposure.

Viruses

Our immune system functioning relies heavily on vitamins and nutrients that the body needs to create the proper cells needed to fight off disease. The immune system works by killing infected cells before spreading and infecting other cells in the body. This function

has perhaps developed over time to adapt to the changes in pathogens that humans are exposed to these days, and it has become quite a benefit to us. To keep this system in working order, we must treat our bodies well. This treatment includes feeling the right foods.

The way that the immune system functions are related to how the cells break down pathogens. When there is a pathogen present, an *autophagosome* will be created within the cell. This autophagosome will engulf the pathogen and carry it to the cell, where it gets broken down and destroyed. By this process, which is very similar to the energy production process, your cells can rid themselves of the pathogens that have infected them without the need for a full immune response, depending on the level of infection in the body. This process that is already occurring in our cells expands its function to serve another purpose, which turns out to be greatly beneficial for our general health. We must maintain this process to maintain a body free of disease.

As you have seen throughout this book so far, the Dr Sebi Alkaline diet is extremely effective for virus prevention and symptom relief, as is the case with the Herpes Simplex virus.

Autoimmune Diseases

One example of a problem that can arise when the immune system is not functioning properly is an Autoimmune Disease.

Autoimmune diseases are diseases caused by the body's immune system and inflammation response to begin attacking itself and its healthy tissues. This causes the body to damage and destroys its

tissues and cells in regular working order, and that would not otherwise be involved in an immune attack. The body confuses unhealthy cells and healthy cells, leading to various diseases depending on where in the body this occurs. There are no known cures for these diseases, and symptom-managing treatments can only mediate them.

There are a variety of autoimmune diseases that are common in today's society. We will look at some of them in more depth now.

Rheumatoid Arthritis

Rheumatoid arthritis is an example of chronic inflammation and the immune system working together against the body. This is because the person is experiencing a self-attack from their immune system, which causes chronic inflammation. Chronic inflammation can become quite painful. It can cause a person to feel stiffness and high levels of pain in the affected areas.

Rheumatoid arthritis affects the joints of the body, often in the fingers, wrists, and knees. In this disease specifically, the immune system begins to attack the lining around a joint, and this also causes the joint to become inflamed. After a long while, this inflammation can also begin to affect the joint's shape and structure as a whole.

Psoriasis

Psoriasis is another autoimmune condition, this time affecting the skin. This autoimmune response causes extra skin growth, which leads to the dry and scaly appearance of psoriasis. In this condition,

the immune system acts as if it is healing a wound on the skin, sending inflammatory cells, and creating many new skin cells. The problem is that there is no wound to heal, so the skin ends up being inflamed, and the overgrowth of skin cells on top of those that were healthy, to begin with can be itchy and painful for the person. The body is unable to discern whether there is a wound or not, leading to chronic inflammation.

Dementia

Dementia is a blanket term for a combination of symptoms of cognitive declines, such as forgetfulness and disorientation. Alzheimer's disease is one common example of dementia. Sometimes cell death occurs similarly to in an autoimmune disorder, when it is unprogrammed and unwarranted. When this happens in the brain, the results are quite damaging. This is the opposite of cancer, when the programmed cell death malfunctions and the cells meant to die do not, leading to uncontrolled growth.

While scientists understand that one cause of dementia is cell death happening out of turn, the causes of dementia are not well understood. What is known is that this steady decline is linked to abnormal cell death, which is similar to the self-attack of autoimmune diseases.

Oxidative Stress

Oxidative stress can happen within the brain when there is an imbalance of oxygen, which can cause reduced cognitive functioning. The Dr Sebi Alkaline diet can help to reduce oxidative

stress and, in turn, improve cognitive functioning.

Cancer

Cancer is another umbrella term that includes the entire body. There are numerous types of cancers, but they are all based on the same type of dysfunction of the body's cells. Cancer is caused by malfunctions in the growth of cells, either the uncontrolled growth of new cells or the dramatic slowing of new cells' growthnew cells' growth. Sometimes, this rapid increase in cell creation can cause a tumor, but not all cancers involve tumors. Cell death is a normal part of the body's functioning, and your body's cells play a part in this process.

Sometimes, this cell death is not properly executed or communicated, and the cells that are meant to die off and be replaced by new ones do not begin the process of cell death. Because of this, there is a large buildup of cells that begin stealing the nutrients and energy from the other cells that were meant to take their place, and the body begins to experience impaired immune function as well as other bodily malfunctions.

The Dr Sebi Alkaline Diet can help a person's cells stay healthy due to the alkaline environment that I described earlier in this book. In this way, your body keeps functioning optimally, and according to Dr Sebi, this reduces your risk of cancer.

Pain

This diet can have many indirect effects on a person's quality of life in general.

As is evidenced throughout this chapter, this diet has the possibility to affect the body in many positive ways. It has the possibility to maintain optimal health for a person. Everything in the body comes down to what happens at a cellular level. Whatever happens at the cellular level will work its way up, affecting everything at the larger levels before eventually affecting the body as a whole. We will become aware of what is going on at a cellular level once its effects work their way up to our consciousness.

Having a disease, especially one that involves inflammation of some part of the body, can cause high levels of pain and discomfort on a daily basis for the person affected. This affects the quality of life as the person living with pain must take this with them in everything they do. Further, this diet can improve a person's quality of life by maintaining their health and eliminating disease.

When it comes to the quality of life, this diet can also benefit a person's mental health. Following a diet that detoxes, maintains health, and encourages healthy eating is proven to decrease instances of depression and food-related disorders such as binge eating. Its benefits for weight loss also improve body image, confidence, and overall self-satisfaction in adults who practice it for one month or more.

□ The Science of Pain Relief

This diet is a great remedy for all sorts of different pain that people may experience. For people suffering from chronic illnesses, following this diet is a great, natural method to relieve their pain.

There are three different types of pain that a person may experience. The first is called *nociceptive pain*. This type of pain is what a person would experience after damage to their body, such as breaking an arm or having arthritis (since this results from inflammation and damage to joints). The second type of pain is called *neuropathic pain*, and this type of pain is the type a person would experience as a result of nerve pain or nerve-related issues in their body. An example of this could be carpal tunnel syndrome or any type of nerve damage. The third and final type of pain is called *central pain*. Central pain is a type of pain that stems from the central nervous system, which includes the brain, the brainstem, and the spinal cord. This pain results from damage to one of these areas or a type of dysfunction of one area. The problems that cause this pain can range from a stroke to brain trauma to a tumor to Parkinson's disease and fibromyalgia. This type of pain is due to more severe issues since it involves the brain and the spinal cord. The type of pain that you experience can determine the type of remedy you need.

Nociceptive pain (injury pain) comes from damage to an area of the body and the associated inflammation. It is necessary to reduce inflammation to relieve this type of pain. This diet aids in reducing

inflammation, which, in turn, reduces the pain associated with the injury. Further, the pain signals travel from the site of injury to the brain, where your brain interprets it as pain.

Neuropathic pain or pain associated with the body's nerves is the type of pain that arises from damage to the nervous system. This type of pain is most often caused by the pinching of nerves, which can cause damage eventually, the injury to a nerve, or by some type of stabbing that causes nerve damage. The difference between this type of pain and nociceptive pain is that it does not involve inflammation, so it is difficult to treat with common drugs that usually target inflammatory cells. This diet is such a beneficial treatment for this type of pain because it reduces pain in different ways than most pharmaceutical products do. This diet reduces pain related to nerve damage by protecting the nerve cells themselves and increasing their mood and feelings of positivity. These two effects, when combined, are powerful neuropathic pain relievers.

Central pain is a relatively new term as it is a relatively novel discovery in the science world. Central pain is tricky as it is present in the absence of any visible injury or any real source. Fibromyalgia is an example of this type of pain. Fibromyalgia is a sort of general pain that can be experienced all over the body. There is no root cause of fibromyalgia, and this is why it is an interesting field of study as of late. This disease is hypothesized to be caused by dysfunction in the way that the brain processes pain signals. It is very difficult to find treatments for this type of pain, but this is extremely beneficial in treating it. The mechanisms of action on central pain, in

particular, are still largely unknown, but at this stage, it is a great option for treating this type of pain.

For example, People suffering from Multiple Sclerosis (MS) experience regular nerve pain as their nerve cells lose their protective coating. This lack of protection leaves the nerve cells exposed and causes the person pain at the nerve-level. This diet can help them to find temporary relief from this pain.

Detoxes the Body

This diet detoxes the body, in addition to healing it. The first step in following this diet is to detox with the help of several supplements and herbs. This phase clears the body of toxins and mucus that have built up over time as a result of eating according to a western diet. Once you have detoxed, you maintain this newly alkaline environment by continuing to follow the Dr Sebi Alkaline diet for the rest of your life.

CHAPTER 9

FASTING

This chapter will look at one of Dr Sebi's recommendationsDr Sebi's recommendations for curing herpes using his diet. Fasting is one of the ways that you can detox your body and maintain an optimal internal environment.

We will begin by learning about what fasting is.

What is Fasting?

Fasting is the practice of restricting one's intake of food for a period of time, usually less than 24 hours. You may have heard of the term fasting before, as it is often associated with religious holidays and practices or fad diets you hear about in the media. The reasons why people choose to fast are widely varied, but in this book, we are concerned with fasting to improve one's health, reduce the risk of disease and achieve optimal health overall.

The Science of Fasting

The most common way to increase and maintain the health of your body is by way of starvation. This may seem confusing but let me explain. This is not to say that a person must starve themselves, but that if a person temporarily starves their cells of nutrition, it leads to a cascade of events that improve and increase the brain and body's health.

It is for this reason that people turn to fast as a means of health improvement. Low nutrition levels within the cells of the body are the most common way to trigger something called autophagy.

Autophagy is a process that creates energy within the cells of the body. By knowing this, scientists have concluded that one can intentionally cause autophagy to happen in their body by inducing starvation within the cells. When they do this, it leads to a detoxification of the cells, and this leads to improved health.

People choose to practice different forms of fasting to upregulate autophagy to then improve their health to promote the breakdown of the fat stores within their body.

Normally, the body prefers to use sugars for energy. The body can use carbohydrates and other sugars to create quick energy for itself. When there are no recently-ingested sugars available to use for energy, the body uses sugars that it has stored. When there are no stored sugars available, or once your body has used them all up, it begins to use its fat stores for energy. It does this by breaking down fat storage around the body. The body uses autophagy to break down its fat cells, and it uses them for energy.

In this way, if a person can control the energy sources that their body is using, they can control the body's amount of fat breaking down. This can lead to weight loss and general health improvement due to a reduced body fat percentage. This is the reason why you have likely heard of fasting as a method for weight loss.

Ketosis is a state that the body enters when there is a lack of recently ingested sugars (carbohydrates) or stored sugars, and it must instead use stored fat to get its energy. When the body enters this state, it breaks down its fat stores, and the breakdown of these fat stores creates acid as a by-product. This acid that is created is called a *Ketone*. When in a ketosis state, the brain can use ketones for energy instead of carbohydrates or sugars like it normally would.

This state of ketosis in the brain induces autophagy in the brain cells, which has many benefits for the brain. This works because the Ketones in the brain induce autophagy by signaling to the brain cells that there are low levels of energy sources, which is why the brain is using ketones for energy. If you remember, low energy levels are a signal for autophagy. It is not completely understood much further than this, but ketosis and its induction of autophagy in the brain have produced many positive effects for the brain, like the protection of brain cells. This leads to a reduction in the likelihood of diseases like Alzheimer's or Parkinson's.

Many people have recently discovered this method of controlling their body's energy sources and have thus been using it as a weight-loss technique. While this may seem like something that a person would not willingly choose, it is important to keep in mind that fasting and starvation are different things. When you fast, your body adjusts itself to make the fat stores more accessible for use. This is a response to the starvation that the cells experience, but this can happen without the human themselves experiencing starvation. It does this by adjusting hormone levels. The human body reacts as if

it were experiencing starvation at a cellular level to anticipate a possible absence of food. This is yet another example of how our bodies are designed to survive and are built to protect us no matter what the situation.

There are different types of fasting that a person can undertake, and the type that you choose will be highly individualized based on things like your past experiences with diets, your level of health, and your activity level. The first method we will look at is called water fasting.

Water Fasting and its Benefits

The first type of fasting we will look at is water fasting. Water fasting is a method of fasting in which a person does not ingest anything except water for a period of time. Many people practice water fasting for periods of up to 72 hours, but this is a decision that should be made with a doctor's help.

If you have ever gone into the hospital for a medical procedure, they likely told you that you could not eat food and could only drink water for a certain amount of time before the procedure. This practice would have been a form of water fasting. Some people also try water fasting as a method of "detoxing" their bodies. Another use for it, though, is to rid your body of potentially harmful viruses or bacteria and reduce your risk of diseases such as cancer and Alzheimer's and even increase your lifespan.

This is because of the cleansing properties of fasting, as it leads to a breakdown of infected cells and uses their salvageable parts for

new and healthy cells to be generated.

There are additional benefits to water fasting, including reducing blood pressure, cholesterol, and even improving insulin functioning in the body, therefore improving blood sugar.

How can Water Fasting Help you to Cure Herpes on the Dr Sebi Diet?

Water fasting is a great way to allow your digestive system and your body as a whole to reset and clear itself of remaining food, as well as to absorb any remaining nutrients. Since you must drink one gallon of spring water each day on this diet, a water fast is a great option for curing herpes. During your fast, you will only consume spring water, which will help your body reset and remain free and clear of mucus.

How to Water Fast?

When approaching a water fast, it is beneficial to prepare your body for a few days leading up to it by tapering off your eating portions to gradually remove food from your day. This will better prepare your body to go without food for a day or two. Another way to get your body prepared to water fast is to fast for part of the day so that it can get accustomed to spending some time without food. You may also be wondering how a water fast could make you lose water weight, but it is entirely possible and even likely. This is because much of the water we bring into our bodies throughout the day is enclosed in the foods we eat. If your water intake remains the same, but your food ingestion dramatically decreases, you could end

up becoming dehydrated and thus losing water weight.

You will also need to adjust your activities to accommodate this water fast, especially if it is your first time trying it. If you are not used to fasting, you may feel dizzy or lightheaded, and this may make some of your daily tasks more difficult. This could be due to lower blood sugar or lower blood pressure if you are dehydrated. Be sure to keep this in mind as you attempt a water fast, and be sure to increase your water intake to avoid a drop in blood pressure.

There is still much more research that needs to be done surrounding water fasting in humans in particular. Water fasting as a method of weight loss is a relatively new approach and one that is just beginning to be explored with human test subjects.

CHAPTER 10

INTERMITTENT FASTING

This chapter will continue our examination of fasting by looking at another common type of fasting, called *Intermittent Fasting*.

What is Intermittent Fasting?

Another type of fasting that you have likely heard of, at least in passing, is intermittent fasting. Intermittent Fasting (IF) is the practice of fasting for periods of time, then eating for periods of time and cycling through this repeatedly. As the name states, you are fasting intermittently.

These fasting and eating periods can vary but are usually somewhere around twelve hours of each, cycled every day. Other examples of intermittent fasting regimes could be fasting for 16 hours in a day and then an eating window of 8 hours. In general, when you practice IF, you will separate your day or your week into eating and fasting sections of time, which will repeat either every day or every week. With this type of fasting, you are able to ingest liquids that have zero calories like water, coffee, tea, and any others with no caloric content. Just be sure that you drink your coffee or tea black as adding sugar will null your fast.

How Can Intermittent Fasting Help you on This Diet?

There are a number of benefits to following this diet, whether you are already suffering from a disease like herpes or not. Below, I have outlined several of the benefits of intermittent fasting!

☐ Manage Disease Symptoms

As I mentioned, the Dr Sebi diet is beneficial for preventing a number of diseases. We will look at these diseases later on in this chapter.

☐ Prevent Additional Diseases from Occurring

Many of the diseases that are present in our society are related to inflammation. These inflammatory diseases usually come about in groups. This is because one usually leads to another, which leads to another, and so on. For this reason, it is important to prevent any further inflammatory diseases from developing, especially if you already suffer from one or more of them. The Dr Sebi diet will help you to do so.

☐ Deal with symptoms of the disease

Suppose you are dealing with the symptoms of an inflammatory condition such as arthritis or obesity. In that case, you will be able to find some level of relief from the associated symptoms such as pain or swelling by following a Dr Sebi diet for a sustained period of time.

□ Lose weight

Losing weight is not an easy task, but by following this diet, you will be able to set yourself up for success in terms of weight loss by reducing the amount of calorie-dense, nutrient-limited foods that you ingest. You will find examples of this in the following chapter.

□ Improve overall health

By improving your diet, you not only reduce your risk of disease, but you also improve your life and your level of health overall. The longer you stick to this diet, the more numerous the benefits will be.

Example Intermittent Fasting Methods

There are several different ways to practice intermittent fasting. One of the great things about intermittent fasting is that you can find a schedule that works with your lifestyle. Below, I will outline the different possibilities for you.

□ 16 And 8

This is the method I briefly mentioned where you would eat for 8 hours of the day and fast for 16 hours. When doing this method of IF, you would usually skip breakfast and eat between the hours of 1 pm and 9 pm, or 12 noon and 8 pm. The hours you choose can vary depending on your work schedule and your lifestyle, but the key is that you eat for 8 hours of the day and have a longer portion of the day in which you are fasting. This is the most popular method of IF and is the easiest if you are new to following specific diets. Many people will naturally eat during an 8-hour window of the day if they

do not tend to eat breakfast, which is why this method is the easiest to transition to. Some people prefer to use different ranges of hours, but 16 and 8 have been shown to be the most effective in terms of research. If you are looking for something a little different, we will look at the two next most common methods below.

□ **Eat-Stop-Eat**

This method is a little different than the 16 and 8 methods, as instead of breaking the day up into hours, you would be breaking your week up into days. You would fast for either one or two days of the week, not on back-to-back days. For example, you would fast from after lunch on Monday until after lunch on Tuesday and then again beginning after lunch on Thursday. For all the other days of the week, you could eat normally as you wish. This type is similar to water fasting in that it is a period of time where you are fasting that is 24 hours in length; however it is intermittent in that it only lasts 24 hours and repeats itself twice every week consistently. A water fast could be a one-off for 72 hours.

With this method, you will have to keep in mind that what you choose to eat and what quantities on the days you are not fasting will affect the results you see. You want to ensure you are not bingeing on the days that you are not fasting. This method is a good choice for those who prefer more flexibility during their eating times and do not want to restrict their eating to a small 8-hour window of the day, namely those who want to eat breakfast. This could be good for those who have longer working days and who prefer to have a longer

time to eat during the day.

□ 5:2

This method is different from the other two in that it involves a number of calories instead of hours. However, similar to the previous method, you are breaking up your week into different days instead of breaking up your day into hours.

This method will restrict your caloric intake to between 500 and 600 calories on two days of the week. This is similar to the Eat-Stop-Eat method, except that instead of fully fasting on Monday and Thursday (for example), you will greatly restrict your caloric intake. For the other five days of the week, you will eat as you normally would. This is a method of intermittent eating, though it does not involve complete fasting. This method would be good for those who are unable to completely fast for two days of the week but who want to try a form of intermittent eating still. For example, this would be a good option for someone who works a physically laborious job and cannot feel lightheaded during the workday.

□ Alternate Day Fasting

This method of fasting involves fasting every other day and eating normally on the non-fasting days. Like other forms of IF, you can drink as much as you want calorie-free drinks such as black coffee, tea,, and water. You would fast for 24 hours on your fasting days, for example, from before dinner on one day until before dinner the next day. This method can be very successful or very unsuccessful, depending on the person. The problem with this

method is that it can lead to bingeing on the non-fasting days. If, however, you are a person that does not tend to binge, you may enjoy the flexibility that this diet offers by allowing you to eat whatever you want on alternating days.

There is a modification that some people choose to apply to this form of IF, where they allow themselves to eat 500 calories on their fasting days. This works out to about 20-25% of an adult person's daily energy needs, which will still put you in an extreme calorie deficit for those days, leading to the induction of autophagy. This method allows a person to continue with this diet consistently for a longer period of time than they may be able to with full fasts. It has the same effectiveness and works better with our modern lifestyles.

This type of IF has been shown to be very beneficial for weight loss and is a good choice for those who have weight loss as their main priority. Because of the calorie deficit that it put a person into, they are using more energy than they are putting into their body, which leads to a breakdown of fat stores and weight loss.

Specific Intermittent Fasting Methods for Women

There is some evidence that suggests that IF affects men and women differently. Some studies have shown that in men, IF helped their bodies regulate blood sugar more efficiently, while in women, this was not the case, and blood sugar regulation actually worsened. Another notable difference is that when fasting, some women have experienced changes to their menstrual cycle. Women's bodies are more sensitive to small-calorie changes, especially when it comes to

a reduction in calorie intake. Since women's bodies are built to conceive and grow babies, their bodies have to be sensitive to changes in the internal environment to a larger degree than the bodies of men. When women's bodies experience a reduction in calorie intake, they may have trouble experiencing regular menstrual cycles as the body may deem the internal environment less than ideal for a baby to be grown. This is not to say that women cannot practice IF or fasting of any sort, but that they must keep this in mind when deciding to try a fasting diet.

Women can take a modified approach to fast so that the internal environment of their bodies remains healthy. There are some slightly different patterns of IF that may be safer and more beneficial for women. We will look at these below.

□ **Crescendo**

This method is quite similar to the Eat-Stop-Eat method that we discussed earlier, except that the hours have been changed slightly in this one. This fasting regimen involves breaking up the week into days as well as breaking up the days into hours. In this case, the woman would fast for 14 to 16 hours of the day twice a week and eating normally every other day. These fasting days would not be back to back and would not be more than twice per week.

□ **Alternate Day 5:2**

Alternatively, she could fast every other day but only for 12-14 hours, eating normally on the days in between. On the fasting days, she would eat 25% of her normal calorie intake, reducing calories

and not a full-blown fast.

□ **14 And 10**

This is a modification of the 16 and 8 methods described earlier. In this method, the day would be broken up into segments of hours. The woman would fast for 14 hours of the day and eat for 10 hours. Beginning with this modified version will allow her body to become used to fasting. Eventually, when she is comfortable with it, she can change the hours by one hour per day in order to reach 16 and 8.

By reducing the hours of the fast to fourteen hours or less, women can still experience the benefits that IF can have for weight loss and autophagy induction without putting themselves in any danger. This is not to say that women cannot fast in the same way that men can, but that they must start off slowly and gradually increase their hours of fasting so that they do not shock their bodies. When it comes to health, we must acknowledge the fact that the bodies of men and women are built differently and thus will respond differently to changes.

How to Choose a Fasting Method for your Lifestyle

For any person, regardless of their sex, the best approach to fasting may vary. When it comes to choosing an approach, being flexible is important. With dieting, the most important factor is consistency, and so the best diet that you can choose for yourself will be the one that you can consistently maintain for a long enough period of time that your body can adjust, and changes can begin to occur.

For women, there are some benefits to fasting that are different than those for men. Most notably are the benefits that it has on the heart for women. Things like blood pressure and cholesterol can lead to severe and life-threatening heart diseases,, and fasting has been shown to improve women's heart health. It does this by lowering blood pressure and the "bad" cholesterol, called LDL cholesterol. It also improves the efficiency with which the bodies of women use insulin to control blood sugar. While IF's health benefits are seen in both men and women, the degree to which each is seen tends to vary between the sexes.

In general, Fasting may be harmful to some populations such as the elderly, women trying to conceive, and people with a history of eating disorders. It is important to talk to a health professional before changing your diet regime to include fasting of any sort.

Tips for Choosing a Method

Below, I will show you the questions you need to ask yourself to determine which dieting method will fit best with your life.

1. What does my current daily schedule look like?

Take a look at your daily and weekly schedules. This will give you insight into what your busiest times of the day are and what your needs are.

2. What does my current diet look like?

Everyone is fasting while they are sleeping. Do you normally wake up and wait to eat until lunch? Do you eat early in the morning

but have a very small dinner? Any extended period of time without eating is considered a fast or even a mini fast. Pinpoint these times so that you can figure out your current eating schedule (especially if you are looking into diets that involve changing your eating schedule) that will not disrupt your current lifestyle too much.

For example, if you usually skip breakfast and eat lunch around noon, then your body would normally have been fasting from the time you last ate the night before until noon the next day (as long as you had nothing but water, black coffee, or black tea during that time). They may be comfortable with an intermittent fasting diet for this person as they are already used to long periods of fasting. If you are a person who eats three to six meals per day, you may be more comfortable with a diet that allows you to eat any time of the day but instead restricts the number of calories or macronutrients (carbohydrates, fats, protein) that you consume. Taking stock of your current schedule will help you choose a diet that will fit best with your current lifestyle, making it must easier to stick to than if you were drastically changing your eating habits.

1. What am I willing to give up, and what can I absolutely not give up?

If you have specific commitments that require your energy, such as an after-dinner sports club or early morning meetings, keep these in mind when choosing your method. You likely wouldn't want to choose a diet that involves counting calories if you have dinner meetings often, or if you have morning meetings, then eating

breakfast first thing in the morning may be something that you know you need in order to hit the ground running in the morning.

By outlining your non-negotiables and the things you are willing to give up, you can take a look at a variety of diets and decide which of them are not possibilities based on these factors. Keep in mind that you cannot have too many non-negotiables, as you will need to make changes in your diet in order to begin to lose weight, but this can help you to narrow down your selection, along with the other questions above.

4. Can I mentally and physically fast for a 24-hour period?

One of the most common diet regimes on the market today is called Intermittent Fasting. This diet involves fasting periods ranging from 14 to 24 hours. If you are considering this type of diet, you must first ask yourself if you can physically, mentally, and emotionally handle this.

Not everyone can fast for 24 hours without some experience or an entire day put aside where they can relax. Are you able to put in the time and effort that a 24-hour fast requires, and are you able to deal with the side-effects that could come with it, such as lethargy, irritability, headaches, and so on? If so, this method could work for you. If not, it is best to choose another type of dieting altogether.

5. What are the demands in my life that may cause challenges?

Having children that you have to care for and cook for may pose a challenge when it comes to dieting, especially if your children are

picky eaters and you would need to eat a different meal from them. Further, a plethora of social events or a lack of time to adequately prepare a meal plan can also pose challenges. Take all of these challenges into account so that you are ready to handle them all. Plan ahead so that nothing comes as a surprise, and you will be able to stay on track even when these challenges inevitably present themselves. These challenges do not need to stop you from pursuing a diet in the first place, but you will need to be prepared for them so that they don't cause you to fall off track.

After you have answered all of the questions above, you will have a better idea of what diet plan will fit best into your life. The one that fits the best with the lifestyle you already lead will be the most likely to stick and lead to successful results. Remember, the first one you choose does not have to be the one you stick to forever. If it doesn't work for you for any reason, you can always make changes that will help you in your pursuit of weight loss success. Further, the answers to the questions above must not be too rigid, as you must be prepared to make some sacrifices and some lifestyle changes in order to change your body and your mind. They simply serve as a guideline for choosing the diet that will lead you to the best chances of success.

CHAPTER 11

THE DR SEBI DIET AND BLOOD SUGAR

This chapter will learn about blood sugar and how the Dr Sebi Alkaline Diet can help you regulate it. First, I will define blood sugar for you.

What is Blood Sugar?

Blood sugar is what we call a measurement that describes the amount of glucose (or sugar) in a person's blood. This measurement gives us information about our energy levels and about the amount of energy (in the form of sugar) that we have available. This blood sugar level is constantly changing based on things such as how recently you ate food, how much food you ate, and how your body processes this sugar.

How do our Current Diets Relate to Insulin Sensitivity and Insulin Resistance?

We will now discuss something known as the yo-yo blood sugar effect. This is something that happens in our bodies when we consume too much refined sugar. This is becoming a problem in today's societies as the amount of sugar we regularly consume is more than ever before. This is causing problems for people like type 2 diabetes, obesity, and heart problems. The reason that sugar causes this is the following;

When we consume regular sugar, like natural sugars found in fruits, our body has to transform it through digestion into a simpler form of sugar that can travel through our blood and give us energy. It does this in a controlled way at a steady pace that is perfect for the amount of sugar we need in our bloodstream. However, when we eat refined sugars- like white sugar and High Fructose Corn Syrup, this sugar already comes in this simple form that is carried through the blood. This means that the body doesn't have to transform it, and it is already able to enter the bloodstream. When we eat this type, it goes directly into our blood, making for a sugar overload. This is called a blood sugar spike. Our body then can't use up all of the sugar fast enough, and it starts to cause a sort of back up in the bloodstream. The body releases a hormone that is called insulin to try to deal with this. Insulin is likely something you have heard of before. What insulin does is take the extra sugar in the blood and send it to be stored later when we need energy. This wouldn't be terrible if it happened now and then, but the problem is that when refined sugar is consumed over and over again, this begins to become a bigger problem. When our body receives a quick and large insulin spike, it lowers blood sugar by a larger amount than it normally would after a regular meal to counter this large spike and prepare itself for a possible overload of sugar. It does this because its main job in the body is to maintain a regular blood sugar level; after this blood sugar drop that the high levels of responsive insulin cause, we will have a middle to low blood sugar level. When we eat something sugary again, our blood sugar will spike once again, and

the body will react accordingly. This effect is called the yo-yo blood sugar effect.

The yo-yo blood sugar effect is hard on our cells and our organs as it makes them work overtime, trying to compensate for the high levels of refined sugar that we are putting into it. This puts stress on our organs, cells, and body systems and eventually can make them weaker. The other part of the body that sugar negatively affects is the brain. Since the rest of the body is working hard to accommodate the spikes and dips in blood sugar levels, the brain still needs fuel. While it would usually get fuel from the food, the body is working hard to process; if the body is processing refined sugars, there are no nutrients to send to the brain. This means that the body must feed it some other way, which is done through stored nutrients from other meals. If there are no stored nutrients, though, there is no fuel for the brain, which reduces your brain's efficiency.

Having sugary drinks on an empty stomach, for example, can cause a large blood sugar spike; starting the day off with a sugary muffin or having a midnight snack that is full of sugar will also cause this yo-yo blood sugar effect. When your body is in a fasted state, which means that there is no food that it is digesting currently, the processes that control our blood sugar are resting. When there is a large influx of sugar, then the body's blood sugar-regulating processes were not already in the works. They will have to start a startup and work even harder than normal because the food that has just entered the body is high in refined sugar. The body makes these levels drop to deal with this and thus begins the yo-yo effect of blood

sugar.

This yo-yo of blood sugar levels can lead to rapid mood changes and rapid rises and falls in energy levels. If you have ever felt a "sugar high" and then shortly after felt like your energy levels fell drastically, or you "crashed," this is that effect that you were feeling.

Remember earlier in this book when we discussed the sleep-wake cycle and how this coincides with specific times of the day? This actually has a lot to do with how and when we should break fast as well. It has been shown that there is a circadian rhythm of metabolism (the body's use of chemical processes to create energy) that is closely linked to the circadian rhythm of the sleep and wake cycle. The circadian metabolic rhythm is so closely linked to the sleep-wake cycle that the quality of sleep that you get can impact the body's ability to use insulin effectively. There are certain times within this circadian rhythm of metabolism where the body can better use insulin to regulate blood sugar and energy levels than other times. When breaking fast, you want to be aware of this cycle and break your fast along with the body's ability to most effectively use insulin. Insulin is what regulates blood sugar by responding to sugar levels in the blood and opening or closing channels through which sugar molecules travel into and out of cells.

Because of the cycle of insulin sensitivity, it is better to break your fast with a low-carbohydrate meal so that your blood sugar levels do not spike too high. Because of the lack of food that has been ingested, the blood sugar levels will have been regulated based

on this. Suppose this suddenly changes with a high-carb meal. In that case, this can shock the body's insulin system causing it to suddenly need to work on overdrive in order to regulate the spike in blood sugar that the body has just experienced.

How does the Dr Sebi Diet Help with Diabetes?

All of the factors stated above are the reasons why we should be aware of the amounts of refined and processed sugars we are putting in our bodies and when we are doing so. This serves as evidence for why the Dr Sebi Alkaline Diet can prove to be useful in treating and preventing disease and why following a plant-based diet is so great for your body.

One of the benefits of the Dr Sebi Diet's effect on blood sugar is that it is effective in preventing some forms of diabetes.

CHAPTER 12

SEA MOSS

This chapter will focus on something called Sea Moss, which I alluded to earlier in this book. Sea Moss is a necessary addition to the Dr Sebi Alkaline Diet, and you

will find out why in this chapter.

What is Sea Moss?

Sea moss is a superfood that boasts many health benefits and can be transformed for many different uses! Sea Moss is known in the scientific community as “Chondrus Crispus,” but it is also commonly called "Irish Sea Moss." It is not really moss; in fact, it is a type of algae that can be found in the Atlantic ocean close to shore. It is most often found in the Caribbean, but it can also be found in Europe and North America.

Sea moss has become increasingly popular because of the growing popularity of the Dr Sebi Alkaline Diet. He discussed the numerous benefits of sea moss and how it can prevent and treat disease. Below, you can find several of the benefits of sea moss, as well as some recipes in which it can be used.

Benefits of Sea Moss

Below I have outlined some of the many benefits of sea moss.

□ Sea Moss has within it 92 of the 102 essential minerals that the human body needs. These minerals include iron, iodine, and zinc.

□ Sea Moss is full of amino acids, which are known to lead to the creation and maintenance of strong muscles and tissues.

□ Sea Moss also contains many other essential nutrients like

- o Antioxidants

- o Vitamin C and A

- o Omega-3 fatty acids

- o Other minerals.

□ Sea Moss has been proven to prevent and reduce inflammation, which is a leading cause of disease in today's world.

□ Sea Moss helps the body rid itself of mucus, which is one of the leading causes of disease.

□ Sea Moss improves respiratory health in humans.

□ Sea Moss helps the body to clear itself of bad bacteria in the stomach and improved health, including digestive issues.

□ Sea Moss is not only great when eaten; it can also be used on the skin topically, which leads to an improvement of psoriasis, eczema, and acne.

Why do you Need to Consume Sea Moss on this Diet to Cure Herpes?

Because of its numerous benefits, Dr Sebi recommends sea moss for everyone who follows his diet, whether they are looking to prevent illness in general or recovering from something specific. In the case of the herpes virus, the minerals, nutrients, and Dr Sebi properties are extremely beneficial for reducing the severity and frequency of outbreaks.

How to Consume it?

The recommended sea moss serving is 1-2 tablespoons daily in the form of sea moss gel, up to a maximum of 1/4 cup.

People will often use sea moss to make a gel, which they will then incorporate into different recipes. Cooking with sea moss will provide you with numerous health benefits while also allowing you to try something new! To make the gel, you simply combine the sea moss with water and soak it before blending it. The result is a gel-like substance that can be transformed to fit with numerous ingredients in a variety of recipes. Sea Moss can also be bought and consumed in pill or powder form.

Additionally, since sea moss can easily be made into a gel, it can often be used in place of gelatin. It is vegan and healthy, so it is a

great alternative to the traditional animal-based gelatin. Because of this, you can use it to thicken just about anything that you are cooking, like a stew, a soup, or a smoothie. Many people also use it to make jam.

Where to Get it?

No matter where you live, you can find sea moss! This is one of the great things about the world we live in today. Sea moss is carried by most independent health food stores. Sometimes it is referred to as *Irish Moss*, but with a simple search on the internet, you can surely find sea moss in the area that you live.

Sea Moss Recipe Examples

Sea Moss Green Smoothie

Ingredients

- ☐ 1 Kiwi
- ☐ 1 Zucchini
- ☐ 1 Frozen Mango
- ☐ ½ Cup Coconut Slices
- ☐ 1 Cup Sea Moss
- ☐ 1 Tablespoon Hemp Seeds
- ☐ ½ Cup Almond Milk
- ☐ 1 Cup Ice

Instructions

1. Complete this recipe in the same way as the previous smoothie, adding all ingredients to a blender and blending until it reaches the desired consistency.
1. If you wish for a thicker smoothie, add more ice and fruit. If you wish for a smoother one, add more milk and less ice. Enjoy!

Jamaican Irish Moss Beverage

The Jamaican Irish Moss Drink, also known as a love potion, is made with a blend of non-dairy milk, nutmeg, cinnamon, and vanilla. It is super tasty, vegan, and gluten-free!

Ingredients

- 2/3 cup Sea Moss Gel
- 1 1/2 cup Almond Milk (or any other non-dairy milk)
- 2 tbsp Coconut Cream
- 3 Pitted Dates
- 1 tbsp Maple Syrup (optional)
- 1/4 tsp Cinnamon
- Pinch of Nutmeg

Instructions

1. Add all the ingredients into a blender and blend until smooth.
1. Add more almond milk if it is too thick. Enjoy!

Sea Moss Chocolate Smoothie

The easiest and arguably the best way to enjoy sea moss's benefits is to put it in a smoothie! Because sea moss is so light in taste, whatever fruits and vegetables you use in the smoothie will mask the sea moss's taste. r

Ingredients

- 1 Persian Cucumber (or small cucumber)
- Half Of One cup Frozen Raspberries
- One Tablespoon Flax Seeds, Ground
- Two tbsp Cacao Powder, Raw
- One Quarter cup Sea Moss Gel
- One Half cup Almond Milk (or any other non-dairy milk)
- Three Dates with their pits taken out
- Ice, if you wish to include it

Instructions

1. Put everything into your blender and mix them until they become uniform.
1. If you prefer it to be less thick upon completion, increase the amount of almond milk.

Notes

- This recipe creates two smoothies, so you can share one with a friend, or feel free to keep the leftover smoothie in the

fridge and save it for tomorrow; it will keep for up to a day.

□ You can put your own spin on this recipe if there is something you wish to add.

Sea Moss Blueberry Muffins

Recipe yields eight muffins

Ingredients

- One Half Cup Blueberries
- Grapeseed Oil
- One half Teaspoon Sea salt
- One cup Hemp Milk
- Three-Quarters of a cup of Kamut Flour
- Three-Quarters of a cup of Teff Flour
- One third cup Agave
- One quarter cup Sea Moss Gel (If you desire)

Instructions

1. Begin by preheating the oven to Four-Hundred degrees Fahrenheit
1. Put the agave, flour, sea salt, milk, and sea moss gel into a bowl and combine them with a whisk until they are blended together.
1. Add your blueberries and ensure they are mixed throughout
1. Cover your muffin pan with the grapeseed oil so that the muffins do not stick to the pan.
1. Place the batter into the muffin pan.

1. Put the pan in the oven and bake the muffins for thirty minutes.
1. They are done when a toothpick comes out of the center cleanly!
1. You are ready to eat the Alkaline Electric Blueberry Muffins!

Notes

□ Feel free to substitute any other kinds of milk, flours, and fruits included on the approved Dr Sebi foods list.

Dr Sebi's Alkaline Diet Sea Moss "Butter"

Ingredients

- ☐ Three-Quarters of a cup Coconut Oil
- ☐ Three-Quarters of a cup Grape Seed Oil
- ☐ One Quarter cup Spring Water
- One tsp. [Sea Moss Gel](#) (optional)
- ☐ One-Half tsp. Sea Salt
- ☐ Blender

Instructions

1. Stir sea salt into room temperature spring water to allow it to dissolve.
1. Blend all ingredients with a stick mixer for 30 seconds.
1. Place into air-tight container and store in the refrigerator until firm. For quicker results, store in the freezer for about 20-25 minutes before placing it in the fridge.
1. Enjoy your Alkaline Electric Butter!

Notes

- ☐ You can make herb butter if you wish. Just add onion powder, basil, oregano, or other Dr Sebi approved herbs to the blend.

CHAPTER 13

DR SEBI DIET RECIPES AND EXAMPLE MEALS FOR CURING HERPES

In this chapter, I will provide you with even more recipes! These recipes will help ease your transition to this diet and give you some delicious ideas for your first week on this diet!

Dr Sebi Approved Mushroom and Onion Gravy

This great recipe can be added to any dish you wish to make!

Ingredients:

- 2 – 3 cups Spring Water
- 1/2 cup Mushrooms
- 1/2 cup Onions
- Three tbs. Garbanzo bean flour
- Two tbs. Grapeseed Oil
- 1 tsp. Sea Salt
- 1 tsp. Onion Powder
- 1/2 tsp. Oregano
- 1/2 tsp. Thyme
- 1/4 tsp. Cayenne

Instructions:

1. Add grapeseed oil to the frying pan over medium to high heat.
1. Saute mushrooms & onions for a minute
1. Add in all spices and seasonings, but leave out the cayenne for now.
1. Saute for five minutes
1. Pour in two cups of water.
1. Add cayenne powder
1. Mix everything well & bring to a boil
1. Begin sifting in the flour a little at a time and stir with a whisk to minimize lumps
1. Continue to cook to a boil, adding the remaining water if desired.
1. Enjoy your Alkaline Mushroom & Onion Gravy with Kamut or your favorite dish!

Grilled Okra

This is a great healthy and tasty vegetable that can act as a side dish!

5 mins: prep time

10 mins: cook time

15 mins: total time

Ingredients

- Olive Oil for greasing
- Kosher salt-for tasting
- black pepper- for tasting
- Okra, trimmed at the ends-16

Instructions

1. Drizzle your okra on a plate with some olive oil and season it as you wish with black pepper and a pinch of salt.
1. Light up your grill onto only light heat.
1. When the grill is hot enough, clean, and then oil the grates before cooking.
1. Place the okra onto the grill and cook for 5 to 6 minutes, with the lid on.
1. Continue cooking them on low heat and turn them every couple of minutes to burn.

Ginger Tea

Recipe Yields 4 cups

Ingredients

- 4 cups spring water
- One thumb of fresh organic ginger root
- Two sprigs of new organic dill weed
- Two tablespoons fresh lime juice
- One pinch of cayenne
- raw agave (optional to taste)

Instructions

1. Bring 4 cups of spring water to a boil.
1. Peel & chop ginger root (peeling is optional, if not, rinse well).
1. Add ginger root to boiling water along with dill weed, allowing it to cook for 5 minutes.
1. Strain tea into a glass jar or bowl.
1. Add lime juice and stir.
1. Add cayenne and raw agave to taste.
1. Serve hot or cold.

Dr Sebi's "Sloppy Joes"

Ingredients

- 2 cups cooked [spelt](#) or [Kamut](#)
- 1 cup cooked garbanzo beans
- 1 1/2 cups [Alkaline Barbecue Sauce](#)
- 1/2 cup onion
- 1/2 cup green peppers
- 1 tsp. onion powder
- 1 tsp. sea salt
- 1/8 tsp. cayenne powder
- Grapeseed oil
- Food processor

Instructions

1. Place the spelt and the garbanzo beans into your food processor and press and hold the pulse button for approximately ten to fifteen seconds.
1. Take a large frying pan and put it on the burner to heat up at a medium heat level.
1. Add in the oil and sauté your onions, the peppers, and the seasonings for three to five minutes.

1. Mix in the ingredients that you just pulsed, as well as the tomato and the barbecue sauce, and simmer this entire mixture for approximately five minutes.
1. Serve on some Dr Sebi Alkaline approved Homemade Flatbread and enjoy!

Kamut Pasta

Pasta Ingredients:

- 7 cups of spring water
- 340 grams of Kamut Pasta
- 2 tbsp of grapeseed oil
- 1 tbsp tarragon (dried)
- 1 tsp salt
- 1 tsp onion powder

Sauce Ingredients:

- 2c kale
- Three Roma tomatoes, diced
- 2 tsp onion powder
- 1 tsp basil, dried
- 1 tsp oregano, dried
- 1 tbsp tarragon, dried
- 425 grams coconut milk, canned, unsweetened, full-fat
- 2c spring water
- 1/4c chickpea flour
- ¼ tsp black pepper, and an extra ½ tsp
- 454 grams baby Bella mushrooms, sliced

□ ½ of one onion, medium size, diced

□ 2 tbsp grapeseed oil

Pasta Instructions:

1. In a big pot, add some water. Bring it to a boil on maximum heat. Don't forget a sprinkle of salt in the water.
1. When your water reaches a boil, add the box of Kamut Pasta.
1. Cook the pasta in boiling water until it is *al dente*. This will take about 9 mins.
1. Once the pasta is cooked, drain the water off of it and put it into a new container (a bowl will work).
1. While the pasta is still warm, add in the dried tarragon, the grapeseed oil, the onion powder, and the sea salt.
1. Stir this mixture so that the pasta is evenly coated. Taste test it to ensure it is well-seasoned.
1. Set the seasoned pasta to the side aside and move onto the sauce.

Sauce Instructions:

1. Using the same pot that you used to make the pasta, add in 1 tbsp of the grapeseed oil. Let the oil heat on medium-high heat for one min.
1. Once the oil is hot, put in the onions and the mushrooms. Stir occasionally and cook for 4 minutes or until softened.

1. Sprinkle in ¼ tsp salt and ¼ tsp pepper. Stir to combine.
1. Add in one more tbsp of grapeseed oil as well as the chickpea flour. Stir constantly while the flour is combining with the oil and the vegetables. This should take only one minute. Ensure that the flour is fully mixed in.
1. Now add the spring water, the dried tarragon, the oregano, ½ tsp of pepper, the coconut milk, onion powder, and ½ tsp of sea salt. Stir the mixture and then let it simmer on low heat without a lid for twenty minutes or so. Simmer until the sauce begins thickening.
1. When the sauce has thickened, add in the cooked and seasoned pasta. Add in the kale and tomatoes as well. Stir the entire mixture until the kale is cooked, which will take about 4 minutes. Once done, remove it from the heat.
1. If the sauce seems too thin at this stage, don't worry. Once you add the pasta, it will thicken the sauce.
1. Serve immediately.

Notes:

1. This recipe can make six servings.
1. You can keep this in the fridge for three or four days, but do not freeze it.
1. If you want to add a more complex flavor, you can use unsalted vegetable broth instead of spring water.

Alternatively, you can make your own Dr Sebi Alkaline Vegetable Broth to use.

1. Other “Alkaline” pasta that can be subbed into this recipe include chickpea pasta or spelt pasta.
1. You can use any oil or even vegan butter, or Dr Sebi butter, as long as it has a high smoke point, for safety reasons.
1. If you prefer, you can use spelt flour.
1. Ensure that you use only unsweetened coconut milk in this recipe.
1. You can use other plant-based milks of choice, but make sure that they are unsweetened, for example hemp milk or brazil nut milk.
1. In place of the roma tomatoes, you can substitute cherry tomatoes.
1. In place of the kale, you can use dandelion greens or turnip greens. Be aware that they are both quite bitter in flavour, so this may change this dish's taste.
1. If you prefer not to season the pasta separately, you can omit this step and the extra ingredients that it requires.

Spicy Sesame Squash

Ingredients:

- 1 squash, medium size
- 2 tbsp of sesame oil
- A sprinkle of sea salt
- A sprinkle of cayenne pepper
- 4 tbsp sesame seeds

Instructions:

1. Begin by cutting the squash into bite-sized pieces.
1. Season the squash cubes with the cayenne pepper and the salt, to taste.
1. In a pan, sauté the seasoned squash at a low heat level in the sesame oil. Cook for approximately 15 minutes, or until the squash begins to brown.
1. Toast your sesame seeds in a dry frying pan that has been heated, until the seeds begin to “pop.”
1. Take the seeds off of the heat and spread them over your sauteed squash.
1. Serve and enjoy!

Tamarind Water

Ingredients:

- Tamarind pulp, 100 grams
- Spring Water, 600 milliliters plus 1 more liter
- Date sugar, (or Agave syrup) depending on your preference

Instructions:

1. Bring 600 mL of spring water to a boil.
1. Pour the boiling spring water onto the tamarind pulp. Let it soak for about 20 mins.
1. Begin to break apart the pulp using a fork.
1. Strain this mixture using a sieve, pouring all of the water off. Try to get as much pulp out as you can. If need be, use a spoon to get any remaining tamarind puree into your bowl.
1. Add your strained mixture to the extra liter of spring water.
1. Sweeten to taste using the date sugar or the agave syrup.

Spelt Blueberry Pancakes

Ingredients:

- Spring Water
- Spelt Flour, 2C
- Hemp seeds, 2 tablespoons
- Agave, ½ C
- Grapeseed Oil
- Coconut oil, ½ C, melted
- Blueberries, ½ C
- Nut milk, hemp milk or any other milk that you choose (Dr Sebi Approved)
- Bromide powder, 1 teaspoon (optional)

Instructions:

1. Take a bowl and add in your melted coconut oil, hemp seeds, flour, blueberries, bromide powder, and the agave. Combine well.
1. Once the mixture is combined, add the milk and combine it well.
1. Feel free to add extra milk or some spring water if you prefer a thinner consistency.
1. Heat your pan and add in 1 teaspoon of grapeseed oil.

1. Spoon batter onto the pan and cook each pancake for 2-4 mins per side.

Healing Soup

Ingredients:

- One generous handful of Sea vegetables of your choice, as per the Dr Sebi Approved vegetables list
- One generous handful of Dr Sebi Approved greens of choice (For example, kale, arugula, purslane, etc.)
- 1 C, Dandelion greens
- 1 C, mushrooms of choice
- 1/4 C Herbs of choice

Instructions:

1. Simmer your greens, sea vegetables, dandelion greens and mushrooms on a low heat level for about 1.5 hours
1. Once they are thoroughly simmered, you can either strain them and drink the resulting liquid as a healing broth or you can leave the ingredients as-is and eat them as a thicker soup.
1. If you prefer more broth, you can add some spring water during the cooking process.

Dr Sebi Approved Banana Nut Muffins

Ingredients:

- Dr Sebi approved flour of your choice, 1.5 C
- Date sugar, $\frac{3}{4}$ C
- Sea salt, $\frac{1}{2}$ tsp
- Burro bananas, ripe, 2, mashed
- Burro banana, ripe, 1, diced
- Dr Sebi approved milk of your choice, $\frac{3}{4}$ C
- Grapeseed oil, $\frac{1}{4}$ C
- Key lime juice, 1 tbsp
- Walnuts, $\frac{1}{2}$ C plus more for garnish

Instructions:

1. Preheat the oven to 200 degrees
1. Grease muffin cups or use liners
1. Combine the dry ingredients in a bowl
1. In a separate bowl, add your mashed banana and other wet ingredients.
1. Pour the wet ingredients into the dry ingredient bowl, and mix.
Combine until homogenous. Be sure to avoid over-mixing.
1. Add the diced banana and the walnuts. Combine lightly.
1. Pour the batter into the muffin tray.

1. Garnish with extra walnuts.

1. Bake for 23 to 25 mins, or until they rise and begin to brown at the edges.

1. Let them cool before you eat.

Mushroom Risotto

Ingredients:

□ Grapeseed oil, 1 tablespoon

□ mushrooms, 4

□ Sea salt

□ Cayenne pepper

□ Onion, one half

□ Wild rice, 2 C

□ Homemade vegetable

broth

(made

from [approved](#) vegetables), 4 Cups

Instructions:

1. Put the grapeseed oil in a pan and cook your mushrooms and onions on medium heat for about 6 minutes, or until the liquid has cooked off and they begin to brown.
1. Add the rice. Cook for another minute.
1. Pour in your vegetable broth and garnish with sea salt and pepper.

1. Cover and cook this on a low heat setting for 2 hr 45 mins.
Alternatively, you can cook on a high heat level for 1hr 15 mins.
1. It has finished cooking when the rice is soft and cooked through.

Red Pepper Hummus

Ingredients:

- Chickpeas, cooked 1C
- key lime juice, 2 tbsp
- homemade tahini, 3 tbsp
- olive oil, 2 tbsp
- bell pepper, red, 1
- Sea salt
- Cayenne pepper

Instructions:

1. Roast your bell pepper on your stove broiler until the skin is blackened. When finished, put it in a plastic bag for 10-15 minutes. When cooled, remove the pepper's skin.
1. In a food processor, add in the lime juice and the tahini. Blend for 1 min, ensure everything is collected at the bottom of the bowl, and then blend for 30 more secs. This step makes it creamy hummus.
1. Pour in the cooked chickpeas, the olive oil, the cayenne and the sea salt.
1. Blend for 30 secs. Ensure everything is collected at the bottom of the bowl, and then blend for 30 more secs.

Veggie Fritters

Ingredients:

- ☐ Bell Pepper, 1
- ☐ Onions, 2
- ☐ Mushrooms, 200 grams
- ☐ Spring water, ½ cup
- ☐ Sea Salt, 1 teaspoon
- ☐ Some Grape Seed Oil
- ☐ Onion Powder, 1 tablespoon
- ☐ Oregano, 1 tablespoon
- ☐ Spelt flour or Chickpea Flour, 1 cup
- ☐ Basil, 1 tablespoon
- ☐ Cayenne to taste

Instructions:

1. Take your vegetables and clean them before dicing them into small, bite-sized pieces.
1. Put the cut vegetables in a bowl. Season with oregano, onion powder, cayenne, sea salt. Combine and leave to sit for 5 mins.
1. Add in your flour of choice. Stir well.

1. Pour in $\frac{1}{2}$ cup of spring water. Stir well, adding water or flour as necessary until you get the desired consistency.
1. Heat a pan and drizzle with grapeseed oil.
1. Add your batter mix to the pan in circles of the desired size.
1. Cook for 2mins 30secs, or until they begin to brown. Flip and press to flatten. When they are browned on both sides and the batter is cooked, they are finished.
1. Enjoy!

CONCLUSION

To conclude this book, I will provide you with some tips for staying safe and following this diet in the healthiest way possible.

How to Remain Safe While Following this Diet

When it comes to fasting, it is important to ensure that you approach it to be beneficial for our health and that will not do more harm than good.

Firstly, you want to maintain flexibility with yourself and your body when fasting. If you are not feeling well as you are trying to fast, don't be afraid to eat a small amount on your fast days. This is especially true at the beginning when you first introduce fasting into your diet. If you try a water fast, for example and feel lightheaded and weak, you may decide that you want to instead try an intermittent fasting method like 5:2, which would allow you to eat on your fast days in a greatly restricted amount. If you have your mind set on a 24-hour water fast, try the 5:2 method a few times before you try the full water fast to get your body comfortable with reduced amounts of food first.

As I mentioned, dehydration can accompany fasting since much of our water intake throughout the day comes from the food we eat, like fruits or vegetables. If you are feeling like you are dehydrated while fasting (dry mouth, headache), it is important to increase your

water intake. You will also want to ensure you drink enough water each time you fast afterward. The recommendation is about two liters per day, but of course, this depends on your body size. In general, eight glasses of water that are about eight ounces each should give you enough water to be hydrated,, but this must increase to about nine to thirteen glasses when fasting. This works out to be between two and three liters of water.

If you are feeling very unwell while you are fasting, it is important to know when to stop fasting. It is normal to feel fatigued, hungry, and maybe irritable when you fast, but you may want to stop your fast if you feel completely unwell. In order to be safe, for your first few times fasting, keep the duration shorter and work your way up to the desired amount of time. Also, keep some food on you in case you need to eat something due to low blood sugar or feeling unwell. Remember that you are fasting in order to take care of your body and your health, and it should not make you feel worse.

Ensuring that you eat enough protein while fasting will have numerous benefits for you. Protein takes longer to digest, which means that the energy you get from protein will be longer lasting than the energy you get from other sources like carbohydrates-which are used up quite quickly. Eating enough protein will help keep your hunger at bay, especially if you are doing the 5:2 method or a method to eat small amounts on your fasting days. This will keep you from having an energy "crash" similar to a sugar crash after you have quickly used up the sugars you have ingested.

When you break your fast or are eating small amounts on fasting days, choose the foods you eat wisely. You want to properly prepare your body to fast and keep it healthy while you do so. In addition to eating enough protein, you want to make sure that the other foods you eat are real, whole foods. Whole foods are those which are as close to those found in nature as possible. These are things like meats, vegetables, fruits, fish, eggs, and legumes. This will give you all of the nutrients you need to stay healthy. Eating fast food and processed foods on the days that you are not fasting will leave you feeling tired and without energy, especially if you are fasting the next day or have fasted the day before.

Supplementing may be very beneficial and even necessary when fasting to maintain and improve health. Some essential nutrients and minerals that your body would greatly benefit from, like Omega-3's or iron, may be difficult to get in adequate amounts if you are fasting. For this reason, supplementing them may benefit you in keeping you feeling healthy and energetic and keeping your brain functioning to its full potential. You can take specific nutrients on their own in pill-form, or you can opt for a multivitamin that will include all of the essential vitamins and minerals for overall good health. These vitamins and minerals may differ from those that we looked at in the previous chapter, as those included the vitamins and minerals that are known to induce autophagy. The vitamins included in a multivitamin will be known to promote good overall health and those usually obtained through a balanced, whole food diet.

Keeping your exercise levels to a minimum while fasting is often

necessary. Your body will not have as many readily-available sugars or carbohydrates to provide you with the quick energy needed for a workout. This is especially important if you are beginning a fasting regimen for the first time. Your body will need time to adjust to fasting without being extra drained from working out as well. If you are planning to increase your levels of autophagy through a combination of fasting and exercise, wait until your body has adapted to your fasting routine before adding in the exercise portion of the plan.

When Not to Fast

There are times when fasting is not recommended for a person, no matter how fasting they may be. If your fasting day comes around and you are feeling any of the following symptoms, fasting that day will not be advisable for you. Knowing when to decide not to fast is important for your health and wellbeing.

If you feel sick,, including nausea, diarrhea, and general feelings of sickness, take that day or the next few days off of fasting until you feel one hundred percent better. Your body needs all of the nutrition it can get while trying to fight off sickness, and fasting will be taxing to the body, making it very difficult for it to fight off the illness.

If you feel weak to the point of not doing normal daily tasks, then fasting is not a good idea. Fasting can leave you feeling more tired and having less mental clarity, so doing so when you already feel extreme fatigue will only make this worse. Eating a regular and

balanced day's worth of food will have many more benefits for your body than fasting in this case.

If you are feeling faint for any reason, do not begin your fast. If you have already begun your fast, break it and ingest some type of food as you may be experiencing very low blood sugar. If you are feeling faint, putting your body into ketosis and having to use up all of its sugar stores is not a good idea and can be dangerous to you.

Next Steps

In anything new that we try, there is a chance that we may fall off track. Fasting or following a new diet plan is no different. The focus should not be on the fact that you fell off but on how you decide to come back and approach it again. You need not give up altogether if you have a day or two where you did not accomplish your full fast. You just need to re-examine your plan and approach it in a different way. Maybe your fasting period was too long for your first try. Maybe your fasting and eating windows did not match up with your sleep-wake cycle as well as they could have. Any of these factors can be adjusted to better suit your lifestyle needs and make fasting or a specific diet work for you. As I mentioned earlier in this book, being able to be flexible with yourself is something that is trying a new diet regimen like this can teach you. There is never a right or a wrong way to approach anything; there is only a multitude of different ways and some that will be better for your specific body and mind than others. Be open to trying different variations and adjusting your plan as you go can be the difference between success

and decided to give up.

With the numerous benefits of this diet still being studied, there is still much more to be explored on this topic. As more research is done and more conclusions are formed, we will be able to fine-tune and adjust fasting and exercise plans in order to get more precise results from them. Though, the benefit is that following this diet comes with widespread benefits for the body and the brain.

If you fall off track, scale your plan back a little bit and try it again. Nothing worthwhile and life-changing comes easy, and this is no different! Stick with it, and you will see yourself finding success in no time!

